



# OMBUDSMAN NEWSLETTER

*A newsletter for NMCS D families*

Naval Medical Center San Diego

January 2012

## Ombudsman Corner



Greetings!

Time to greet the New Year with ambition and passion! As the Command Ombudsman we are here to help you reach out and gain the information you need to move forward and greet the new you! If you are looking to enrich your marriage, we have retreats for you! If you are looking to finally buckle down and get on a budget, we have classes for you!

Looking to lose weight or get fit? We have the stretch to free trainers and gyms! Whatever your desire is this year, don't let it pass you by because you didn't have the information to begin. If you don't know where to start, start with US, your Ombudsman Team!

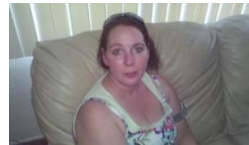
**HAPPY NEW YEAR!**

## POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN:



Mrs. Alexandria Warren  
(619) 921-1168

Email: [nmcsd\\_ombudsman1@yahoo.com](mailto:nmcsd_ombudsman1@yahoo.com)



Mrs. Xandi Downing  
(619) 602-9474

Email: [nmcsd\\_ombudsman2@yahoo.com](mailto: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.
- 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 Corner: Command Master Chief (FMF) Yenhung Duberek



Happy New Year to each one of you and I hope your holiday season was a safe and memorable one.

2011 was an outstanding year for Naval Medical Center San Diego; but it cannot be completely credited to our hard working and dedicated staff. It was also due to the great devotion and support of you, our Military Spouses and your families. Our lives in the military are very stressful and constantly changing, from long hours at work to deployments, and I thank each of you for being that one constant in our service members' lives.

As we focus on our Command mission of saving and impacting lives in a very positive way in 2012, I ask we take the time to reflect on the sacrifices of our Sailors who are deployed worldwide—providing critical mission support aboard ship, in the air, under the sea, and on the battlefield.

As the New Year progresses, we will do our very best to keep you posted on upcoming events throughout our command for you and your loved ones to enjoy and participate in. Thank you again for all of your help and understanding. We cannot be the Navy of today without the support of our caring families. Kayoko and I would like to wish each one of you a happy and prosperous New Year!

## Leadership Spouse Corner: Michelle Faison

### OAKLEAF CLUB OF SAN DIEGO



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.

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](mailto:oakleaf.NMCSD@gmail.com)

### **Sand Dollar Collection Gift Shops- Purchase With a Purpose**

Staffed entirely by volunteers, the Sand Dollar Gift Shops are a non-profit fundraising project for the Naval Officers' Spouses' Club of San Diego. All proceeds are donated to the San Diego military community in the form of grants to local charities and scholarships to military spouses and children.

You will find gifts for all occasions: Change of Command, Birthday, Welcome, Ombudsman Appreciation, New Baby, Selection, Promotion, Wetting Downs, Holidays, Showers, Hostess, and just for fun!

There are two convenient locations: **\*Shop hours are 10:30am-1:30pm.**

#### **Naval Medical Center San Diego**

Bldg. 1, near the Quarterdeck

Phone: (619) 702-7711

Email: [sanddollarmcsd@gmail.com](mailto:sanddollarmcsd@gmail.com)

#### **Naval Air Station North Island**

*Across from the NEX/Commissary complex*

Phone: (619) 437-7953

Email: [sanddollar.nasni@gmail.com](mailto:sanddollar.nasni@gmail.com)



### **Military Spouse Career Advancement Accounts Program**

The Military Spouse Career Advancement Accounts Program (MyCAA) is a career development and employment assistance program sponsored by the Department of Defense (DoD). MyCAA helps military spouses pursue licenses, certificates, certifications or Associate's Degrees (excluding Associate's Degrees in General Studies, Liberal Arts, and Interdisciplinary Studies that do not have a concentration) necessary for gainful employment in high demand, high growth Portable Career Fields and Occupations.

As part of the Military Spouse's Career Lifecycle, MyCAA offers the following:

**Training and Education Financial Assistance:** MyCAA provides a maximum education benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their Portable Career goals. Annual cap waivers are available if there is an upfront tuition cost that exceeds \$2,000 (up to the maximum education benefit of \$4,000).

Click here: [Military Spouse Career Advancement Accounts Program Link](#)



### **SAVE THE DATE!**

#### **Spouse Symposium & Career Fair 2012**

**“Keeping a Career on the Move”**

**Thursday, January 26**

**San Diego Convention Center**

**9AM – 4PM**

Co-produced by the Military Officers Association of America and Blue Star Families, this is the preeminent event for military spouses. Whether you're looking for a job now or preparing for a future career you'll find workshops, experts and employers who can help. Sponsored by TriWest Healthcare Alliance and held in conjunction with West 2012, the event is free and open to all military spouses.

Service members and veterans are also welcome.

Click here: [Register Here](#)



## News to Use!

### SHIPMATES TO WORKMATES

This website was developed to assist Sailors who are impacted by the Enlisted Retention Boards. The "Shipmates to Workmates" program is an initiative that seeks to actively assist separating Sailors find and compete for jobs at partnering commands ([CNIC](#), [NAVAIR](#), [NAVFAC](#), [NAVSEA](#), [NAVSUP](#), [SPAWAR](#), and [MSC](#)). It also seeks to provide Sailors a "one stop shop" for transition resources and information on [applying](#) for Federal Jobs. This website has links to many career resources and [information on government employment](#). Commands are encouraged to steer separating Sailors, Command Career Counselors and Transition Assistance Coordinators to this website.

Separating Sailors are highly encouraged to review the "[FED Jobs 101](#)" and associated "Tips" documents located on this website BEFORE [applying](#) for a job utilizing [USA Jobs](#). These documents instruct applicants on steps they need to take in order to be hired for a government job.

The Shipmates to Workmates program includes representatives that you can contact via e-mail ([NSSC\\_SM2WM@navy.mil](mailto:NSSC_SM2WM@navy.mil)) or phone Com: (202) 781-0444/1312; DSN 326-0444/1312 (workdays 0800-1700 EST). These representatives will screen your requests and then direct you to human resource personnel from the partnering commands that, in turn, will assist you with resume reviews, job searches and general questions about careers at the partnering commands.

The Shipmates to Workmates program will also conduct "[Career Forums](#)". These forums will bring human resource personnel from partnering commands to fleet concentration areas. These human resource personnel can review resumes, provide general assistance with job searches and answer questions about opportunities and careers at participating commands.

This website contains a "Transition Resources" menu that is functionally organized. Take the time to surf the websites on this tab in order to become familiarized with the types of resources that are available. To get the latest updates join our [mailing list](#).

Click here: [Shipmates to Workmates](#)



### CHAPLAINS PROVIDE SUPPORT!



We offer confidential, emotional and religious support throughout the deployment cycle. We stand ready to help you succeed in providing the best support possible for our Navy IAs.

#### HERE ARE SOME WAYS TO ACCESS A CHAPLAIN FOR IA SUPPORT:

1. If you have a Command Chaplain or a Chaplain supports your Command, go there.
2. Access the Duty Chaplain through your Base Quarterdeck.
3. Contact a USFFC Staff Chaplain for IA Sailors and Families. We stand by to assist you: Chaplain Finn is in Norfolk VA at 757-836-7815 and Chaplain Gammon is in Port Hueneme CA at 805-310-3326. You can contact both at: [ia.care.fct@navy.mil](mailto:ia.care.fct@navy.mil)

#### PRAYER SUPPORT IS ALWAYS AVAILABLE FOR YOU OR YOUR IAs:

If you or someone you know, IA or family has a specific need for prayer, please let us know at [ia.care.fct@navy.mil](mailto:ia.care.fct@navy.mil), using first names. We will delete the email after we have received the prayer request, and we will pray.

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

[http://www.cnic.navy.mil/navycni/groups/public/@hg/@ffr/documents/document/cnicp\\_a193783.pdf](http://www.cnic.navy.mil/navycni/groups/public/@hg/@ffr/documents/document/cnicp_a193783.pdf)

### **INDIVIDUAL AUGMENTEE**

[WWW.IA.NAVY.MIL](http://WWW.IA.NAVY.MIL)



**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 me so I 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.

**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. They are located on the NMCS D campus in Bldg 1 on the Ground floor across from the barbershop and their number is 619-532-8165.

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.