



# OMBUDSMAN NEWSLETTER

## *A newsletter for NMCS D families*

Naval Medical Center San Diego

March 2012

### Ombudsman Corner



#### What is an Ombudsman?

Selected by the commanding officer (CO), your Navy family ombudsman is a spouse of a command member who voluntarily serves as the official liaison between the command and its families. The ombudsman is a vital resource to assist the command in discharging the CO's responsibilities for the morale and welfare of the command's families.

As a spouse, it is important to get acquainted with your local ombudsman. The command ombudsman can show you a direct route to getting the assistance you need to find solutions and resources.

#### INTERESTED IN VOLUNTEERING AS AN OMBUDSMAN?

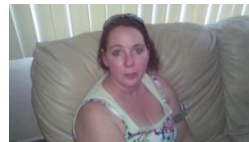
The Command is currently looking to add to the Ombudsman Team. If you are interested in becoming part of the NMCS D Command Ombudsman team, please email Alexandria Warren at [nmcsd\\_ombudsman1@yahoo.com](mailto:nmcsd_ombudsman1@yahoo.com) with NMCS D TEAM in the subject line.

#### 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!

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**Commander - Rear Admiral**

**C. Forrest Faison III**

*“The greatest gift we pass on to those we love....is freedom”*

As a husband and father to my children, I sometimes wonder what the greatest gift I will ever give them would be. A good life, love, inheritance and memories when I'm gone....all come to mind. But, when I deployed for 13 months back in 2007, I realized that none of those things were really the greatest gift I would ever give those I love. That greatest gift I will ever give them is really just one simple thing....freedom...and my part in helping to ensure the world in which they live is safe and that they can live their lives as they see fit. There are many members of our team who are deployed today, doing their part as well. Every day I think of them, and their families, remembering the sacrifices they endure in doing their part. Few in our country will ever wear this uniform. But, for those who do...and for the families who sacrifice to support them, they will always know that this gift of freedom we pass on to those we love....is from them and because of them. For the rest of their lives, they will know that, when our country needed them, they answered the call and, because of them, we...and those we love, are free. Unlike other gifts, this gift of

freedom can't be bought or ordered in the mail. It can only be protected....and given...by those who serve...and by their sacrifice....to those they love.

Service in our Navy is never easy and the sacrifices are many, especially for our families. If your experience is like ours when I was deployed, that's when the car will break down, the hot water heater will die, someone will get sick....the list goes on....and all on top of the daily chores of running a house, getting kids to school, perhaps working a job...all the normal activities of life...and all while knowing your loved one is serving overseas, likely in harm's way. I know it's hard and, for that, you have my deepest admiration and thanks. I also know that we are all a family, the NMCS D family. We are here together.... ready, able, and more than willing to help those of our family who need us. You are part of that

family. If you need help, all you need do is ask...and we will be there. Our command ombudsmen are available to you at any time....and have direct access to me, if needed, to help you. I don't know how to fix a car, but I do know people here at the command who do....and can help. As a member of our family, we are here to help you, if needed, as just one way to say “we care about you” and “thank you.”

My prayers are for each of you, for those you love in harm's way, and....for something that has eluded us for far too long.....peace. May each of you, and those you love, be richly blessed with all good things life has to offer as you look forward to that day when your loved one comes home again, as I do.

**FREE TAX PREPARATION**

Active duty members can have taxes filed for free through Volunteer Income Tax Assistance (VITA) personnel.

Where: **Naval Base San Diego, Building 56**

When: Every Monday-Thursday 8 AM- 4 PM Every Friday 8AM- 11 AM

For more information call: (619) 556-6848

Where: **Naval Medical Center San Diego**, Building 26, 1<sup>st</sup> Floor

When: Monday-Friday 0800-1530 & Saturday 0900-1200

For more information call: (619) 531-1410

**Home Schooling Support USMC & USN School Liaison Program**

Every other month a Military Home School Network to facilitate peer interaction, parent information and resource sharing. ALL Military Home School Families K-12 are welcome and encouraged to attend.

Upcoming dates:

- March 27 2-3pm Murphy Canyon Youth Center
- March 29 2 PM- 3 PM MCRD San Diego Library Fieldtrip

To contact a School Liaison Officer call:

USMC Kelli may (760) 583-0683

USN Shannon Milder (619) 532-4251



**Wednesday, March 14 • 10 am • Admiral Prout Field House Track • FREE**

Run begins at 10 am at the Admiral Prout Field House Track, Bldg. 3279. Check in at 9 am. Open to all I.D. card holders.

Small, medium and large command awards. No day of race registrants will be given an event t-shirt. Register online here!

<http://mwrtoday.com/sandiego/events/2012/st-patricks-day-2-mile-run1-mile-walk/>



### Are you looking for a career?

- **MSEP has information on portable careers.**
- **Fine tune your resume with a resume builder.**
- **Direct conversation with a consultant through Military OneSource at 1-800-342-9647.**
- **Career education for spouses for E-1 to E-5 & 0-1 to 0-2 through MyCAA.**

### MILITARY SPOUSE JOB SEARCH

What is *MSEP*?

While military spouses are well educated and highly qualified for a range of careers, they face a 26 percent unemployment rate and a 25 percent wage gap compared to their civilian counterparts. 77% of these spouses want or need work; yet frequent relocation is often a barrier to finding and maintaining a rewarding career. The inability of spouses to obtain and retain fulfilling employment as they relocate with the military compromises the quality of life of military families and the readiness of the military force.

MSEP, a targeted recruitment and employment solution, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting.

## Leadership Spouse Corner: Michelle Faison



### OAKLEAF CLUB OF SAN DIEGO

Serving the Spouses of the Officers in the Medical, Dental, Medical Service and Nurse Corps and the Spouses of other Officers attached to the Naval Medical Center who are Regular, Retired, or Reserve on full-time active duty, and widows of such Officers in the San Diego area. The Oakleaf Club carries on the banner of the oldest service club in the San Diego area.



We are a club that strives to nurture lasting friendships among members to promote esprit de corps within Navy Medicine by providing a forum for social activities, educational programs, and participation in charitable programs. Our monthly activities include gatherings for a variety of interests including children's playgroup, book clubs, Bunco, lunches out, as well as other new activities at the request of our members. We hold two fundraising bake sales a year to fund our scholarship, and also have other fundraising events to purchase items needed in clinics for patients comfort at the hospital that are not provided by the government (colorful bandaids for kids, toothbrushes, coloring books, toys for waiting rooms, etc). Please check us out on Facebook under "Oakleaf Club of San Diego" for up-to-date information on activities and news!

**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.