



Our Mission: To support the families of service members stationed at the Naval Medical Center, Portsmouth, with a priority on serving families of deployed service members.

THE bOMB

NMCP Ombudsman Newsletter

February 2011

Q & A

Ask your OMB

Dear OMB,
My spouse is deploying soon and we have two children, ages 3 and 6. Where can I find information to help my children deal with this deployment? – Concerned Parent

Dear C.P.
The Fleet and Family Support Centers (FFSC) offer educational briefings and print materials to prepare sailors and their families for deployment. There are several FFSC around the Hampton Roads area to meet your needs (please see the resource list below). MilitaryOneSource.com also has books, DVDs and other information available to military families, which can be ordered online for free. Finally, if your

children are in school, speak to their teachers and counselors, they may have additional ideas and resources to help your children through this difficult time. Good luck, and if you have any other questions or problems please contact us. We are here for you 24/7! -OMB



*"If you're going through hell, keep going."
- Winston Churchill*



Got Questions?

We've got answers!

Send inquiries to
NMCPombusman@med.navy.mil

All identities are kept strictly confidential.

Knowledge is Power!



Do you have an exceptional family member?

Find out what resources are available for you and your family at the

14th Annual Joint Services Exceptional Family Member Forum & Resource Fair **March 21-22, 2011** **8 am – 3:15 pm**

Bay Breeze Community Center 490
Fenwick Road (Bldg 190)
Fort Monroe, VA 23651

To register for this FREE event
Email: monr.acsmonroe@us.army.mil
By phone: 757-788-3878
(See attached flyer for more info)

Here's the Deal!

Always remember to ask for a military discount. Many businesses offer a military discount, but do not advertise it. Home Depot and Lowe's are among hundreds of retailers that offer 10% off, but only if you ask for it and show your military ID.

For more great deals for military families, check out www.navytimes.com/marketplace/discounts

Just For You!

The YMCA is offering FREE memberships and respite childcare for families of deployed service members through their Military Outreach Initiative.

Go to www.ymca.net for more information



Alone on Valentine's Day?

You can still keep the love alive, even if your valentine is deployed. **Send your spouse a love letter!** Not an e-mail but a real letter on paper, reminding them of all the reasons you love them and why you can't wait to see them again. Spray it with your favorite perfume or cologne, and, ladies, put on some smokin' hot red lipstick and seal it with a kiss!





Looking for a few good men and women

The following organizations are currently welcoming new members and volunteers:

Navy-Marine Corps Relief Society

NMCP NMCRS serves Sailors, Marines and families in need.

757.953.5956 www.nmcrs.org

American Red Cross at NMCP

A variety of positions are available

757.953-5435

COMPASS

Spouse-to-spouse mentoring

www.gocompass.org

757.322.9199

compassnorfolk@nsfamilyline.org

Oakleaf Club

Officers and spouses club

<http://nmcpinternspouseorg.wikispaces.com/>

President Angela Nezat

anezat@yahoo.com

Get Involved Give Back

Join the NMCP Ombudsman Team

Work directly with the command to help disseminate accurate information regarding command policies, services available, and deployments.

Act as a confidential point of contact for families and refer them to the appropriate agency for questions, concerns, help, or intervention.

Serve as an official liaison between the command and NMCP families.

If you would like to join the NMCP Ombudsman team of volunteers, contact us at NMCPombudsman@med.navy.mil

"The best way to find yourself is to lose yourself in the service of others."

-Mahatma Gandhi

RESOURCES

Navy Marine Corps Relief Society

www.nmcrcs.org

NMCP: 953-5956 24 hours: 444-NAVY

American Red Cross

NMCP: 953-5435

Fleet and Family Support Center

www.ffscnorva.navy.mil

NMCP: 953-7801

www.nffsp.org

Moral Welfare and Recreation

www.mwr.navy.mil/

ITT: 953-5439

Armed Forces Vacation Club: www.afvclub.com (#204)

Campsites: www.mwr.navy.mil/mwrprgms/cabin.htm

Single Sailor: 953-5081 Fitness: 953-7027

Chaplain

NMCP 24 hours: 953-5550

Spiritual Fitness Center (formerly CREDO):

444-7654 / 1091

Compass

www.gocompass.org

COMPASS provides classes that help military spouses understand the Navy lifestyle better and get to know their Navy community and what it has to offer. Call 322-9199 or email compassnorfolk@nsfamilyline.org

TRICARE

Health Benefits Advisor NMCP: 953-2610/11

Appointments: 866-645-4584

www.tricare.mil/

United Concordia

Dental care for dependents of active duty military
(800) 866-8499

NMCP Pass and Decal Office

Open M-F, 7am - 4pm

NMCP: 953-6950

Personal Property Office

NRFK-FISC_SMARTWEBMOVE@navy.mil

877-619-8596 or 757-443-3700

M-Th, 8am - 4:30pm; Fri., 8am - noon.

Exceptional Family Member Plan

NMCP: 953-5164/5620

EFMP family support groups: 953-7805

Military One Source

www.militaryonesource.com

800-342-9647

Navy Legal Service Center

Naval Station Norfolk appointments: 444-5053

Main number: 444-5300 NMCP: 953-5452 / 5453

Navy College

www.navycollege.navy.mil/about.htm

NMCP: 953-7853

Navy Knowledge online: www.nko.navy.mil/portal/home

Child Care

Navy Mid-Atlantic Region Child Placement Programs:

866-628-9232

Child Care Aware/Child Care Subsidy Hotline:

800-424-2246

www.naccrra.org/militaryprograms

Emergency childcare: 866-628-9232 (Option 1)

Food Assistance

www.asymcahr.org/asymcafamily-military-support.php

SHARE Hampton Roads is a community-building organization that offers nutritious food packages at highly discounted rates.

www.charityadvantage.com/foodbank/peninsulashare.asp

Regional Vaccine Healthcare Center

Phone: 757-953-9150

24-Hour DOD Call Center: 1-866-210-6469

Email: <https://askvhc.wramc.amedd.army.mil/>



**NMCP Ombudsmen are available 24/7 at
757.953.1973 or NMCPombudsman@med.navy.mil**