



# OMBUDSMAN NEWSLETTER

## *A newsletter for NMCS D families*

Naval Medical Center San Diego

April 2012

### Ombudsman Corner



#### HAPPY EASTER!

The Ombudsman Team wishes you a very happy Easter! Enjoy all the festivities that San Diego bases have to offer! 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 a 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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**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

**APRIL IS MONTH OF THE MILITARY CHILD**

**For information for FREE events onboard MCAS Miramar follow the link:**

<http://www.mccsmiramar.com/pdfs/MOMC-2012.pdf>

There will be FREE events every Thursday and Saturday onboard MCAS MIRAMAR at the Bob Hope Theatre!

COME SHARE THE FUN!

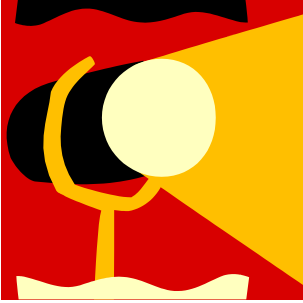


Healthy Start is always available to create memories for you and your child. They can be contacted at the number below:

The Healthy Start Office is located at 3487 Santo Road, (behind Popeye's), 92124.  
Phone number is 858-496-0044.

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17th ANNUAL  
**MILITARY CHILD APPRECIATION  
FESTIVAL!**  
MURPHY CANYON YOUTH CENTER  
4867 SANTO ROAD—92124  
**April 28, 2012**  
**10 a.m.-1 p.m.**



**FLEET & FAMILY  
SERVICE CENTER  
EDUCAION CLASSES:**

**FINANCIAL  
EDUCATION**

**Naval Base San Diego  
(NBSD)  
Buildings 259, 261 & 263  
3005 Corbina Alley, Suite 1  
San Diego, CA 92136-5190  
(619)-556-7404**

**Naval Base Coronado  
(NBC)  
Building 318 & G, Saufley Road  
San Diego, CA 92135-7138  
619-545-6071**

**Need more resources for financial topics?**

***Military OneSource* is a click or call away!  
Your one stop shop!**

**<http://www.militaryonesource.mil/MOS/f?p=MOS:HOME:0::::>**

**WHAT DO I DO WITH MY TAX  
REFUND?  
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**Credit Management: Using Credit Wisely**  
Apr 25, 2-3:30 pm, FFSC NBC

**Developing Your Spending Plan**  
Apr 24, 2-3:30 pm, FFSC NBSD

**Home Buying**  
Apr 18, 1-4 pm, Murphy Canyon Chapel,  
3200 Santo Rd, SD, CA 92124

**Million Dollar Sailor/Spouse Workshop**  
Apr 25-26, 8 am-4 pm, Murphy Canyon Chapel,  
3200 Santo Rd, SD, CA 92124

**Planning for Your Retirement**  
Apr 18, 3-4 pm, Housing Opportunities Collaborative,  
1100 Broadway, SD, CA 92101

**Saving and Investing**  
Apr 10, 1-2:30 pm, Clairemont Branch Library,  
2920 Burgener Blvd, SD, CA 92110  
Apr 17, 2-3:30 pm, FFSC NBSD

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 band aids 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!

## Hot Topics

### Pharmacy Savings

Looking to SAVE MONEY in 2012? Switch to NMCS D or home delivery pharmacy for refills of generic medications- it's FREE!

To sign up for home delivery for your pharmacy refills, click here: [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery) or dial 877-782-8731.

Visit the NMCS D's pharmacy page for more information:  
<http://www.med.navy.mil/sites/nmcsd/Patients/Pages/pharmacy.aspx>

### Sexual Assault Awareness Month



**"This is my problem and this is your problem. Sexual assault is unacceptable and its roots need to stop at all levels; I can't tolerate it and you shouldn't either. It undermines our Navy Core Values and Ethos, and it undercuts safety and readiness." - Adm. Jonathan Greenert, Chief of Naval Operations**

For more information follow click below:

<http://navylive.dodlive.mil/2012/04/03/sexual-assault-prevention/>

### School Liaison Officers

Why School Liaison Officers?

- Families move an average of every 2.9 years
- Children attend up to 9 different schools by graduation
- Families experience increased stress, related to deployment during wartime

For more information on services follow the link: <http://mwrtoday.com/sandiego/families/schoolliaison/>

The current edition of *Academic Anchor* is available at the above link as well.

**ACADEMIC ANCHOR** is Navy Region Southwest's bimonthly School Liaison Newsletter. It addresses educational issues that affect military children in our region and provides information about upcoming events.

## 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 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.