



OMBUDSMAN NEWSLETTER

A newsletter for NMCSDF families

Naval Medical Center San Diego

September 2011

A Message from the Admiral



Commander - Rear Admiral

C. Forrest Faison III

Getting Battle Ready- Resources Available During Deployment

If you ask any military spouse who has endured a deployment or a brief separation from their service member you will probably find at least one thing in common. Something will always break, explode, get lost, get stolen, become attached or unattached very soon after they leave. It's as if there is a strange "separation phenomenon" that only happens when your spouse is in Iraq, Afghanistan, out to sea or some other place where you can't text them to come and figure out why the toilet is overflowing and where the shut off valve is. What's even more bizarre is that you will probably never have these issues again. When I deployed, the car died on Michelle (had worked well for years) and the hot water heater went belly-up (also had worked well and relatively new).

While your spouse is deployed, you and your family may feel overwhelmed and need assistance. There are many programs and services on local military installations and in the surrounding communities that can provide support and assistance to military families. The staffs of these programs and services understand the unique situations that affect family members of deployed service members and can help to quickly resolve any issues. These organizations can also help you get in contact with your service members during family emergencies. The following provides a brief overview of some of these military and community-based programs and services for families of deployed NMCSDF staff members.

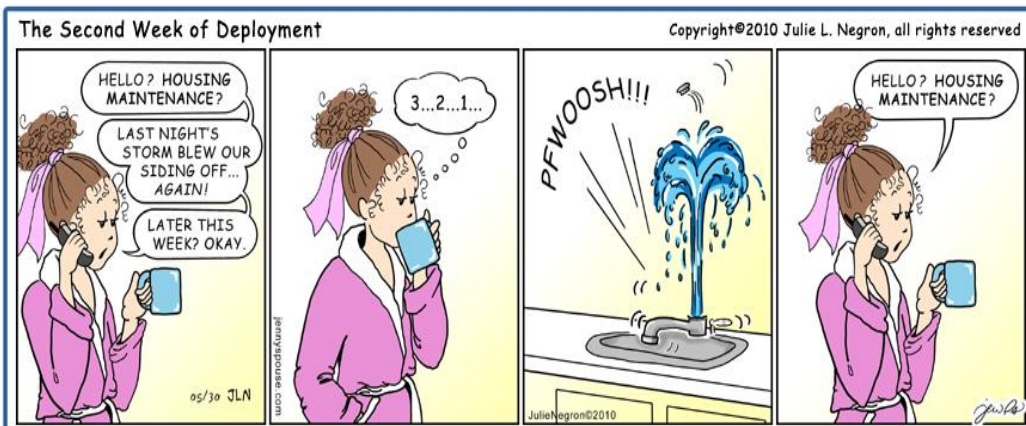


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Ombudsmen Corner



Greetings!

First off we would like to say it's an honor to serve as the new Command Ombudsmen.

My name is Alexandria Warren, originally from Los Angeles, CA and I served as a Hospital Corpsman for 10 years in the United States Navy. I have been married for four years and have a three year old son. Our family is about to experience another deployment so I know firsthand, as an active duty sailor and spouse, the struggles a family will encounter and I'm here to let you know you're not alone!

My name is Xandi Downing; I am originally from Juneau, Alaska. I was a small business owner before my husband came to Juneau on the U.S.S. Juneau in 2008, before it was decommissioned. I am a new Navy wife.

Between my husband and me we have five kids, our eldest is 18 and headed for college and our youngest is 13. I look forward to hearing from other Navy families, please don't hesitate to call!

We are both volunteer, Navy spouses appointed by the Commanding Officer to be a point of contact and resource for all military families, including spouses, parents, extended family, and others. We have information on local and national resources that can help with the following

Financial support, Food resources, Furniture, Counseling, Spouse employment, Volunteer opportunities, Deployment support, Messages from the Command Leadership and much more!

We can be reached 24 hours a day at the following numbers and emails:



Alexandria Warren
(619) 921-1168



Xandi Downing
(619) 602-9474

Email: nmcsd_ombudsman1@yahoo.com Email: nmcsd_ombudsman2@yahoo.com

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!



- **Please email us if you'd like to see anything specific in the newsletter or to be added to the monthly email list.**
- **Have any pictures of homecomings?**
- **Do you have a special Fall recipe?**
- **Send them our way at either of the above email addresses!**



SEPTEMBER 5!

Fleet & Family Support Center Workshop Schedule September 2011

SEPTEMBER 2011

ALL FFSC LOCATIONS WILL BE CLOSED ON MONDAY, 5 SEPTEMBER IN OBSERVANCE OF THE FEDERAL HOLIDAY.

DEPLOYMENT SUPPORT

Deployment Pre-Reunion Workshop

Sep 7, Wed, 2 PM - 3 PM, FFSC FRE
Sep 27, Tue, 6:30 PM - 7:30 PM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Deployment Readiness Workshop

Sep 16, Fri, 10 AM - 11 AM, FFSC FRE

Mid-Deployment Workshop

Sep 6, Tue, 6:30 PM - 7:30 PM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Sep 21, Wed, 2 PM - 3 PM, FFSC FRE

EDUCATION ASSISTANCE

Department of Veterans Affairs GI Bill 101

Sep 21, Wed, 5 PM - 7 PM, FFSC MCB

Troops to Teachers Program

Overview

Sep 12, Mon, 4 PM - 5 PM, FFSC NBSD

EMPLOYMENT &

TRANSITION

ASSISTANCE

Finding Federal Employment

Sep 6, Tue, 9 AM - 11 AM, FFSC NBSD

Sep 13, Tue, 9 AM - 11 AM, FFSC NBPL

Sep 14, Wed, 9 AM - 11 AM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Sep 22, Thu, 9 AM - 11 AM, FFSC NBC

Introduction to Owning Your Own Business

Sep 12, Mon, 5 PM - 7 PM, FFSC NBSD

Sep 13, Tue, 9 AM - 11 AM, FFSC NBSD

Sep 22, Thu, 9 AM - 11 AM, FFSC NBSD

Job Fair

Sep 28, Wed, 10 AM - 2 PM, Scottish Rite Center,
1895 Camino Del Rio South, SD CA 92108

Job Search Strategies

Sep 15, Thu, 10 AM - 11 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA

Resume Writing

Sep 6, Tue, 9 AM - 11 AM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Sep 9, Fri, 9 AM - 10 AM, FFSC FRE

Sep 14, Wed, 9:30 AM - 11:30 AM, FFSC VSM

Sep 15, Thu, 9 AM - 11 AM, FFSC NBC
Sep 19, Mon, 5 PM - 7 PM, FFSC NBSD
Sep 20, Tue, 9 AM - 11 AM, FFSC NBSD
Sep 27, Tue, 9 AM - 11 AM, FFSC NBPL
Sep 28, Wed, 9:30 AM - 11:30 AM, FFSC VSM

Winning Interview Techniques

Sep 6, Tue, 9 AM - 11 AM, FFSC NBPL

Sep 8, Thu, 9 AM - 11 AM, FFSC NBC

Sep 15, Thu, 5 PM - 7 PM, FFSC NBC

Sep 21, Wed, 2:30 PM - 4:30 PM, FFSC VSM

Sep 23, Fri, 9 AM - 10 AM, FFSC FRE

Sep 26, Mon, 5 PM - 7 PM, FFSC NBSD

Sep 27, Tue, 9 AM - 11 AM, FFSC NBSD

EXCEPTIONAL FAMILY

MEMBER

PROGRAM (EFMP) SUPPORT

Exceptional Family Member Program

(EFMP) Orientation

Sep 7, Wed, 5 PM - 6 PM, FFSC MCB

Sep 13, Tue, 10 AM - 11 AM, FFSC VSM

Sep 14, Wed, 1:30 PM - 2:30 PM, FFSC FRE

Sep 19, Mon, 2 PM - 3 PM, FFSC BVH

Sep 20, Tue, 1 PM - 2 PM, NMCS D, Bldg 2, 1st

Floor, Pediatrics Clinic, Conference Room

Sep 29, Thu, 9 AM - 10 AM, FFSC NBPL

FAMILY LIFE EDUCATION &

ENRICHMENT

Active Duty Pregnancy Resources

Workshop

Sep 7, Wed, 8:30 AM - 11:30 AM, FFSC NBSD

Sep 14, Wed, 8:30 AM - 11:30 AM, FFSC NBC

Sep 21, Wed, 1 PM - 4 PM, FFSC NBPL

Bullying Awareness and Prevention

Sep 8, Thu, 5 PM - 6 PM, Murphy Canyon

Chapel,
3200 Santo Rd, SD CA 92124

Developing Your Family Care Plan

Sep 22, Thu, 9 AM - 10 AM, FFSC NBPL

Sep 27, Tue, 9 AM - 10 AM, FFSC NBSD

Eat to Live Healthier (Nutrition)

Sep 7, Wed, 10 AM - 11 AM, FFSC VSM

Helping Children Cope with Disaster

Sep 21, Wed, 10 AM - 11 AM, FFSC VSM

International Spouse Tea Time

Sep 27, Tue, 10 AM - 11:30 AM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Sep 27, Tue, 6 PM - 7:30 PM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Internet Safety and Your Child

Sep 20, Tue, 10 AM - 11 AM, FFSC FRE

Sep 22, Thu, 10 AM - 11 AM, Murphy Canyon

Chapel, 3200 Santo Rd, SD CA 92124

Kids' Play (Ages 1-5)

Positive Parenting Workshop

(3 Sessions every Thursday)

Sep 15, 22, 29 Thu, 4:30 PM - 6:30 PM, FFSC

MCB

Positive Parenting Condensed

Sep 27, Tue, 9:30 AM - 12 PM, FFSC FRE

Preschool Blocks (Ages 3-5)

Sep 8, Thu, 10 AM - 11:30 AM, Murphy Canyon

Youth Center Park, 4867 Santo Rd, SD CA 92124

Sep 22, Thu, 10 AM - 11:30 AM, Murphy Canyon

Youth Center Park, 4867 Santo Rd, SD CA 92124

SOAR to San Diego: Exploring America's

Finest City

Sep 23, Fri, 10 AM - 3 PM, FFSC MCB

Spouse Readiness Workshop:

Resources for the Military Family

Sep 27, Tue, 9 AM - 11 AM, FFSC NBC

Fri, 10 AM - 11 AM, FFSC FRE

For the full schedule please visit:

www.cnic.navy.mil/navylifesw

Click on: Fleet & Family Readiness Services

HOT TOPIC

How Much Sleep Do Kids Need?



One of the best things you can do for your children in late summer is to ease them into a sleep schedule that they can stick to when school starts. Research has found that tired children have more trouble absorbing and processing information, which makes it harder for them to do well in school. Children who regularly get too little sleep also have a higher risk of depression, anxiety disorders, and other health conditions. Here are some facts about how much sleep your children need and how to help them get enough rest.

Children's sleep needs vary, but researchers have found that they typically fall within a range of hours. Here are the hours needed each day by children of different ages, according to the American Academy of Pediatrics Guide to Your Child's Sleep:

- Between birth–6 months = 16–20 hours
- Between 6–12 months = 14–15 hours
- Between ages 1–3 = 10–13 hours
- Between ages 3–10 = 10–12 hours
- Between ages 11–12 = about 10 hours
- Teenagers = about 9 hours

For more information on issues related to parenting or sleep, contact Military OneSource. This free 24-hour service is available to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn more.

Suicide Prevention Month



- * Ask what's bothering the person. Help them to overcome the reluctance to talk. Don't judge.
- * Care by listening and offer hope. Suicidal feelings are temporary and depression can be treated.
- * Treat by taking action to get assistance and follow-up. Don't leave them alone.

Resources:

www.suicide.navy.mil

www.militaryonesource.com

American Association of Suicidology - 1-800-237-2280

Suicide Prevention Action Network - 1-800-449-3600

OMBUDSMAN APPRECIATION MONTH

41 YEARS OF "NEVER ALONE!"

Resource Spotlight & Guide



Tutor.com for Military Families is free for eligible military families, including active-duty service members, their spouses and children. Provided by the Department of Defense, this program allows K-12 and adult students to connect to a live online tutor 24/7 for help with

homework, studying, test prep, resume writing and more.

Service members, spouses and children will get customized help from professional tutors and career specialists in over 20 subjects at every skill level, from elementary to advanced studies. Military families worldwide can access the program from any Internet-enabled computer. Every session is one-to-one in a secure, online classroom

Navy members must login to Navy Knowledge Online to gain access. Once you sign in to Navy Knowledge Online, click on the REFERENCE tab in the navigation bar. Look for the Tutor.com box in the right column and click on the links Kids and Teens or Adults to get a tutor. Go to [Tutor.com](https://www.tutor.com) to get started today!

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.

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.



Fleet Week San Diego 2011 is *September 16 – October 2*. Join us in thanking our Sailors, Marines and Coast Guardsmen for their services to our country by participating in [2011 Fleet Week San Diego events](#). Please click on the link for a schedule of events.

***Operation Liberty Call *Fleet Week Golf Tournament *Coronado Village Car Procession**

***Fleet Week Big Bay Family Festival *Coronado Speed Festival *Miramar Air Show**

***Enlisted Recognition Luncheon *MCRD Boot Camp Challenge *Fleet Week Baseball Game**