



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

October 2011

Ombudsman Corner



Is Your Emergency Contact Information Up-to-date?

Navy Family Accountability and Assessment System (NFAAS) is a survey tool to assess disaster-related needs. The system allows families to assess 19 categories, including: medical, missing family locator,

transportation, housing and personal property, financial, employment, child care, education, legal services, counseling, and mortuary and funeral assistance.

Following a declared disaster there are two things Navy families should do immediately: muster with their command and complete a needs assessment with NFAAS.

Sailors can check in directly with their commands and provide their family's status and whereabouts. This is the primary way to account. Commands will upload the information into NFAAS. If they are unable to reach their command, Sailors can muster on NFAAS at <https://navyfamily.navy.mil>. If unsuccessful, the third option is to account by phone through the Navy Emergency Coordination Center at 1-877-414-5358 or 1-866-827-5672 (TDD 1-866-297-1971).

All current emergency contact information can be updated by Navy military members and their families by simply following the web link above and login.

POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN-



Mrs. Alexandria Warren
(619) 921-1168

Email: nmcsd_ombudsman1@yahoo.com



Mrs. Xandi Downing
(619) 602-9474

Email: 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!

HOT TOPIC

Flu season has started in San Diego, and typically lasts until April. This year national public health authorities recommend that everyone more than six months old get vaccinated for flu.



People unable to get vaccinated before flu season starts can still benefit by getting a flu shot during the flu season. So get your flu shot NOW one yet! Naval Medical Center San Diego (NMCS D) has plenty of flu vaccine available and will continue to offer flu vaccinations to beneficiaries throughout the flu season.

Influenza (also known as the “flu”) is caused by a contagious virus that affects the nose, throat and lungs. It is different from the common cold. Often influenza causes mild illness, but in some people it can be serious or fatal. The most effective prevention against influenza is vaccination.

Call the **NMCS D Flu Hotline at 619-532-5FLU** for the latest information about availability of various flu vaccine types and vaccination hours at NMCS D clinics. Although the walk-in shot station on the main compound is closed, flu vaccine continues to be available at ALL primary care clinics for eligible beneficiaries. Get vaccinated TODAY!

TRICARE beneficiaries, including active duty personnel, can also receive flu vaccination at no cost at participating TRICARE retail network pharmacies. Active duty personnel that use this option must take the pharmacy documentation back to their command for entry in readiness databases. For more information about the Tricare retail pharmacy option:

<http://www.tricare.mil/flu/flucoverage.aspx>.

FDA recently approved a high-dose flu vaccine for people 65 years old and older. Although NMCS D is not receiving this particular vaccine this season, it is available to Tricare beneficiaries at some of the Tricare retail network pharmacies.

DOMESTIC VIOLENCE AWARENESS MONTH

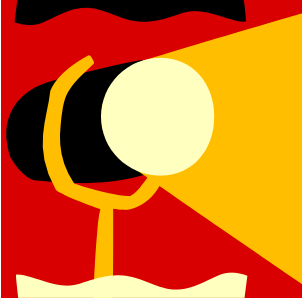
If you are fearful for your safety or if your relationship has become abusive, there are people who can help you get and stay safe. You can find a Department of Defense Victim Advocate by contacting Military OneSource at (800) 342-9647. You can also contact the National Domestic Violence Hotline at (800) 799-SAFE (7233) or your command ombudsman for additional resources. Reach out for the support you need to keep your relationship healthy and safe.

San Diego Halloween Events 2011



Hope you have the best Halloween of 2011 in San Diego! Check out these fun and scary activities! Click on Halloween link on right after clicking on below link!

<http://www.san-diego-beaches-and-adventures.com/index.html>



COMPASS "A course for Navy life"

Spouses helping each other navigate the maze of Military Life! COMPASS is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle. COMPASS offers military spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. Registration is a **MUST** to attend a class.

MENTORS of the COMPASS program are trained Navy Spouses who volunteer. They have experience in Navy Life, and possess the passion to mentor other spouses and help them gain knowledge.

OTHER VOLUNTEERS support COMPASS by offering their time in many different aspects of the COMPASS program.

Register now so you can get the tools needed to start navigating the maze of military life!

Feel free to email: NSFamline@aol.com for more information!

Are you interested in...

- **Understanding Military Life Better?**
- **Getting to know your Military Community and what it has to offer?**
- **Finding friends and networking outside your spouse's command?**
- **A cozy place with a warm atmosphere that provides complimentary snacks and free babysitting?**

...Then COMPASS is for you!

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.

