



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

November 2011

Ombudsman Corner



Greetings!

As the Command Ombudsman we are reaching out to all *Individual Augmentee's* and their *families*. To start things off, we want to make sure that families of IA's have all the available resources and information links at their fingertips. Please follow the below links to find a few IA information

links that will lead to further resources such as: MWR, Navy Knowledge Online, Armed Services YMCA, Services for children, Camp information and Free Space A flight!

IA FAMILY HANDBOOK (See Last Pages for more great links!)

http://www.cnic.navy.mil/navycni/groups/public/@hq/@ffr/documents/document/cnicp_a193783.pdf

INDIVIDUAL AUGMENTEE

WWW.IA.NAVY.MIL

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!

Leadership Corner: DEPUTY COMMAND MASTER CHIEF HMCM (EXW/SW/AW) ROBYN PIERCE



Fall is here and so are the holidays. Just look at the stores and you can see the holiday season in the air. Once again,

I want to personally thank you for all your support and hope you recognize that family readiness is a command priority. Due to the holiday season, we will have additional resources and workshops, specifically including the Fleet and Family Service Center onboard NMCS D on Thursday, 10 November from 0800-1200, Bldg 5, Classroom 5/6, for holiday spending and financial planning workshops. We are also planning a holiday party

in the courtyard with our annual tree lighting ceremony; look for future announcements on the exact date and time. Our Ombudsmen, Xandi and Alex, are standing by to assist in any morale, health, or welfare issues that may be creating additional stress during this season. They are invaluable and vital in the two-way communication link between the command and you.

FLEET & FAMILY (NMCS D)
HOLIDAY SPENDING & FINANCIAL PLANNING
THURSDAY 10 NOVEMBER 0800-1200
Bldg, 5, Classroom 5/6

Leadership Spouse Corner: Michelle Faison



GS-7 and above affiliated with military medicine.

OAKLEAF CLUB OF SAN DIEGO

The Oakleaf Club of San Diego got its start in 1925. It is both a social and benevolent group open to both active duty and retired officers spouses in the Medical Corps, Medical Service Corps, Nurse Corps, and Dental Corps, as well as spouses of DoD employees

While Oakleaf is a club committed to promoting friendship through social activities and interest groups, our main focus is supporting our military community through benevolence projects and our scholarships.

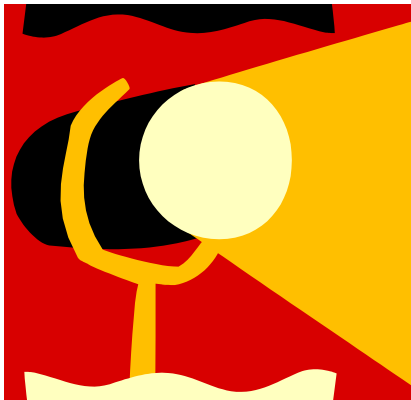


Please check out our Facebook page at *Oakleaf of San Diego* for more information about current activities, or email us at: oakleaf.NMCS D@gmail.com

HAPPY VETERANS DAY



Applebee's - free meal, Friday, Nov. 11
Chili's - free meal, Friday, Nov. 11.
Golden Corral - Free meal, Monday Nov. 14 from 5 pm to 9 pm
Hooters - Free Meal, Friday, Nov. 11
McCormick & Schmick's Seafood Restaurants - free lunch or dinner, Sunday Nov 13, 2011 Reservations Recommended!
Outback Steakhouse - A week of Free Bloomin' Onions and Cokes Monday Nov. 7 - Friday Nov. 11
Subway - Free Six Inch Sub- Veterans Day
T.G.I. Friday's - Buy one get one free Nov 11-14



FOCUS: Family Resiliency Training™ for Military Families

Strengthening the Home Base

FOCUS (Families OverComing Under Stress™) provides resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

We've been through deployments before. How can FOCUS help us now?

Check out FOCUS World
at www.focusworld.org



Families have to deal with different challenges that arise with each new deployment. As kids grow older and have a better understanding of some of the risks their parent is facing, they might ask questions that are tougher to answer. Parents may also find their relationship has changed with each new deployment and they need to learn new ways to talk about those changes and to reconnect as a couple. Families can develop new skills with each deployment experience and carry those skills into the next deployment. FOCUS provides the training to learn new skills to deal with deployment and reintegration.

For Questions or Concerns please contact the following numbers and emails below:

Naval Base San Diego

Dolphin Alley

Naval Base Bldg 265

San Diego, CA 92136

Phone 619.556.6075

Fax 619.556.6076

SanDiego@focusproject.org

<http://www.focusproject.org/home>

DAVE & BUSTER'S IA FAMILY THANKSGIVING

Date: Thursday, November 24th

Lottery Begins: November 3rd @ 8:00 AM

Lottery Ends: November 16th @ Noon

To enter the lottery for this event you must be a current Individual Augmentee Family member and on the service members Page 2. To enter please email: Alex Armenta at the following: Alexander.Armenta.ctr@navy.mil



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.