



NAVAL MEDICAL CENTER SAN DIEGO OMBUDSMAN CORNER

NMCSO Ombudsmen Team



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What is an Ombudsman?

Navy Family Ombudsmen are communication links, information and referral resources and advocates for command family members. Appointed by the commanding officer, Command Ombudsmen are volunteers and spouses of service members within the command.

As official command representatives, Ombudsmen are points of contact for all family members connected to the command, including spouses, parents and extended family members. The Ombudsmen Code of Ethics guarantees support of the mission, respect for the chain of command, professionalism and confidentiality, within program guidelines.

Routine call hours are from 8a.m. to 5p.m. and emergencies are taken at anytime! Please leave your name and contact information if we are not immediately available and we'll contact you ASAP. We look forward to serving you!

NAVAL MEDICAL CENTER SAN DIEGO

Military Saves: Take the pledge

FFSC offers the following services to support you in achieving your career goals:

- Individual Appointments
- Resume & Federal Application Review
- Mock Interviews
- Job Fairs
- Job Postings & Employment Resource Library
- Networking Events
- Transition: Goals, Plan, Success (TGPS) Programs
- Free Computer Lab, Fax & Copier for Job Searching

During February, Fleet and Family Support Center will be focusing on Military Saves and money management, raising awareness on how you can build wealth at any stage of your career. We hope you will take the Military Saves Pledge at www.militarysaves.org and welcome you to check our Facebook page for information related to this campaign.



Get your taxes done for free!

Get your taxes done on base! Call and make your appointment today to save a bundle.

Do you ever feel pressured around tax season? If so, this workshop discusses how to file your taxes, filing deadlines, and how to make your refund work for you by reducing debt or investing in your future!

- Feb 11, 3-4 pm, FFSC NBSD, Bldg 263
- Mar 12, 3-4 pm, FFSC NBC, Bldg 318

NAVAL MEDICAL CENTER SAN DIEGO



Great Bargains on Military Uniforms

- Dress Blue Jumper \$5.00
- Dress Blue Trousers \$4.00
- Women's Dress Jacket \$8.00
- Black Trousers \$2.00
- Khaki Shirts & Trousers \$3.00
- Coveralls \$10.00
- NWU Shirts & Pants \$10.00

Stretch your budget

Shop at one of the
Navy-Marine Corps Relief Society Thrift Shops
with three convenient locations:

OLF Imperial Beach

Bldg 52

(619) 424-8369

Hours: Tues, Wed, Thurs, Sat 9:00-1:00

Naval Base San Diego

Bldg 92 (wetside)

(619) 556-8624

Hours: Mon, Wed, Fri

9:00-1:30

Miramar

Bldg 6275

(858) 577-5009

KEY RESOURCES	WEBSITE	PHONE NUMBER
Fleet and Family Support Center	http://navylifesw.com/sandiego/families/ffsc/	Naval Base San Diego 3005 Corbina Alley Bldgs 259 & 263 San Diego, CA (619) 556-7404
San Diego Mom	www.sandiegomom.org	(619) 461-4164
Jewish Family Service	www.jfssd.org	(877) 537-1818

NAVAL MEDICAL CENTER SAN DIEGO

QUICK ASSIST LOANS

Another Program from Your

Navy-Marine Corps Relief Society

Offering Active Duty Navy and Marine Corps Service Members

**Up to \$ 500 Interest-Free Loans
in as little as 15 minutes**

When you need help with

- Basic Living Expenses – housing, food, clothing, utilities
- Medical/Dental expenses
- Vehicle/Transportation expenses
- Family Emergency

You Are Eligible If:

- You are serving on Active Duty in the Navy or Marine Corps
- You have repaid all previous loans with the Navy Marine Corps Relief Society
- You have not received a financial assistance grant from the Society during the past six months

You Must:

- Bring your most recent LES and Active Duty ID
- Fill out a short application available in the office, or fill out on line at www.nmcrs.org and bring with you to the NMCRS office.

**Don't fall victim to the Predatory Lenders
Make Us Your First Resource; Not Your Last Resort**

**M, T, Th, F, 0800-1530
Wed 0930 – 1530**

**Navy-Marine Corps Relief Society Office
Naval Base San Diego
3115 Dolphin Alley Bldg. 270
Phone: (619) 238-1587; DSN: 526-8283**



NAVAL MEDICAL CENTER SAN

YOUTH SPORTS CALENDAR 2014

Youth Basketball

Ages: 6-8, 9-10, 11-13, & (Girls) 11-15 (Co-ed) 14-17 yrs, sign up today

Registration: Open

Season: February-April

Registration Fee: \$40 includes jersey, participation, trophy and team photo

Game Site: Sign up at your area recreation center. Games played at MCRD & MCYC.

Indoor Soccer

Ages: 6-8, 9-11, 12-14

Registration: March-April

Season: April 27-June 15

Registration Fee: \$40 includes jersey, participation, trophy and photos

Player Clinic: Murphy Canyon teams only, at MCYC

Game Site: MCYC

Youth Sports Office

Monday-Friday: 9 am-5 pm

Address: 4867 Santo Rd.

Phone: 858-268-2244

Get more out of your workout with individual or small group sessions with an MWR professional fitness trainer. Why wait? Get started today! Contact your base Fitness Center at:

NAB

• Peak Physique, Bldg. 170, 619-437-2984

NBPL, Main Base

• NBPL, Main Base Fitness Center, Bldg. 1, 619-553-7552

NBPL, NMAWC

• NMAWC Fitness Center, Bldg. 30, 619-524-4833

NRSW

• Mussel's, Downtown Broadway Complex, Bldg. 1, 619-532-1341

NBSD

• Admiral Prout Field House, Bldg. 3279, 619-556-7444

• The Olde Gym Fitness Complex, Bldg. 223, 619-556-7450

• Harborside Sports and Fitness Complex, Bldg. 3477, 619-556-2064

• Main Fitness Center, Bldg. 281, 619-545-2877

• Sports Warehouse, Bldg. 651, 619-545-0237

NAVAL MEDICAL CENTER SAN DIEGO

Eat to Live Healthier!

Arm yourself with the knowledge of how to make food a positive reinforcement for energy and strength for the body. Many companies sell diets, but what is the nutritionally right investment for you? Gain proven techniques and the latest official knowledge about healthy shopping, cooking, and eating.

- Jan 17, 10-11 am, FFSC BVH
- Mar 7, 10-11 am, FFSC BVH



EFMP Family Connection

Designed for families with special needs, each meeting offers fun and unique opportunities to meet others, share information, discuss helpful resources, and provide support to each other. Each month has a new theme, so it's always a fresh and informative evening. Free childcare is available by RSVP. All sessions are held at the San Diego Regional Center, 4355 Ruffin Road, Suite 100, San Diego, CA 92123.

- Feb 5, 6-8 pm, San Diego Regional Center
- Mar 5, 6-8 pm, San Diego Regional Center

From the Patient Relations Office

One of our top goals is to be the preferred hospital by our patients because we provide personalized service and compassionate care in a healing and welcoming environment to every patient every time. NMCS D leadership and staff continually look for ways to promote positive patient experiences from the first point of contact through the entire episode of care. Patients are our focus and success is judged by those we serve!

300 Customer Service Representatives (CSRs) are assigned throughout the command and at every clinic and department to provide information, assistance, and support. CSRs are there for you, to listen to your concerns, answer your questions, address special needs, and help resolve concerns or challenges. We are here to help you.

Translation Services. NMCS D recognizes the importance of focusing on cultural and language needs in order to improve healthcare services and is committed to ensuring equal access to all our patients. NMCS D staff will ensure patients with Limited English Proficiency or American Sign Language needs are offered medical interpretation and translations assistance while receiving care at NMCS D.

We serve our nation's heroes and their families and loved ones. It is a distinct honor to provide them the best service and healthcare available anywhere in the world. If you would like to provide feedback on our services, please contact the NMCS D Patient Relations Department at (619) 532-6418