

the

OMBUDSMAN OUTLET



TUTELA OF PROSAPIA

MESSAGE FROM THE DISTRICT COMMANDER

RADM G. T. Blore



Quick Bites

“Motivation is what gets you started, habit is what keeps you going” ~Jim Ryun

As your clocks fall backwards an hour . . . start a good habit

~ Change the batteries in your smoke detectors and carbon monoxide monitors

~ Inspect your fire extinguisher and check the pressure indicator

Office of Work Life Scholarship Program is available to Active Duty Members, Reserves, Retirees, and their Dependents.

Go to:

www.uscg.mil/worklife/scholarship.asp for information.

District Thirteen (D13) is home to a myriad of missions and unique environments that test and challenge our people every day. I am truly honored to be your District Commander and Vera and I are continuously impressed by the professionalism, dedication and the heroic actions of the men and women of the D13 team. I am proud of the excellent work you do each day and want to ensure that we continue to excel as a team throughout the fall and winter months.

With the changes in season, the need for vigilance and preparedness in our missions at work and at home is of vital importance to our health, safety and continued success. The Pacific Northwest is highly prone to heavy rainfall, flooding and cold, potentially icy and snowy weather in the winter months. Please work within your family, and with friends and co-workers to ensure you have prepared “go kits” in the event of a loss of power in your home or any other cause for evacuation. I recommend visiting www.ready.gov or www.redcross.org/flash/brr/English-flash/default.asp for helpful emergency preparedness tips and information about how to prepare your “go kits.” Scientists predict that this winter may be colder and wetter than previous years so bundle up, be ready and stay safe!

Of course, along with the winter weather is the welcome hustle and bustle of the holiday season. While exciting the holiday season can be hectic and exhausting. I ask that all members of the D13 family take the time to rest, relax, reflect upon and enjoy this season. Equally important however, is that we plan any activities safely. If you plan to be on the road, ensure you have ample time to get to your final holiday destinations, and make sound decisions on the use of alcohol and prescription drugs that could affect your driving abilities. Exhibiting the same prudence and excellent judgment you demonstrate in your professional lives will ensure that you, your family and friends will have a truly rejuvenating and memorable holiday season.

Again, I want to thank everyone for a job well done. You are integral members of the D13 family and Vera and I are proud to work with all of you. Remain vigilant, stay safe and have fun in the upcoming months. Semper Paratus!



Building Connections And A Network Of Support

I am honored to have a chance to share some thoughts as part of this inaugural D-13 Ombudsman newsletter. It gives us a chance to connect with each other, which is especially important since we live and work in a district that is so geographically spread out. Sometimes, it is easy to get caught up in our own routines, filled with long ferry rides, road commutes and caring for our families. I know I often wish the day were a few hours longer, just to get a few more things done.

But at this time of year, I would like to encourage you to put yourself on the top of your “to do” checklist. We cannot care for others as effectively if we are neglecting our own mental, physical and spiritual health and wellbeing. Busy though we may be, try to find just a bit of time to recharge your own batteries. Take a walk, read a book, listen to music, visit with friends. If you are new to the Pacific Northwest, don't be afraid to reach out to connect with others in your area to remind you that you are not alone. Helping others is also a great way to lift your spirits, whether volunteering at school, or making a meal for a neighbor in need or just lending an ear to someone in need of support. If you are looking for ways to become more involved and to get to know others in a similar “boat,” let your Ombudsman know, so that she can help you make those connections.

As Thanksgiving and the winter holidays approach, we have much for which we can be thankful. I want to thank you for the many sacrifices you make to sustain your own family as well as the broader Coast Guard family – we are made stronger as a community because of your commitment and support.

Best wishes for safe and happy holidays,

Vera Blore



Note from the Ombudsman

I would like to welcome our new Coast Guard families to the beautiful Pacific Northwest. District 13 families are often scattered throughout the different commuting areas of Seattle, so I hope this newsletter will help everyone feel more a part of the team. As the District Staff Ombudsman, I am here for all the Coast Guard spouses and family members. I am your contact to the command and can provide many helpful resources and serve as your voice to the District Commander.

Military families are well known for coming together in a time of crisis to lend a supporting hand. That was the case in July when District 13 supported the family of a crewmember of a downed Coast Guard helicopter. The quick efforts and generosity of volunteers ensured the member's family was provided meals, transportation, and the emotional support needed in their time of tragedy. If you want the opportunity to be such a blessing in the future, as well as receive updated information that directly affects military families, then I encourage you to contact me and be apart of my ombudsman distribution list. All contact information is kept confidential and emails addresses are sent in the blind copy block.

Finally, I want to wish all Team Coast Guard a happy and fun filled holiday season. The Pacific Northwest offers an array of indoor and outdoor activities to overcome the doldrums of winter. Whether snow skiing or shopping in the many indoor malls or outdoor markets, the Seattle area is rich in activities for the entire family. So don't let the colder temperatures and overcast days get you down. Find a healthy activity and you may become a true Pacific Northwesterner that no longer can tell the difference between sunshine and its liquid alternative....rain.

Valerie Frantz
425-427-9296 Home
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TRICARE Goes Digital

TRICARE launched its digital records site tricareonline.com in June, allowing members to download medical data to their computers, said Jenna Noble, deputy program manager for clinical support at the Defense Health Services Systems.

“The new feature, called the Blue Button, is available on the TRICARE Online Personal Health Record site,” said Chuck Campbell, Chief Information Officer for the Military Health System. “After logging on to the secure site, users will be able to add information to their personal health data on the site. Users will need to select the Blue Button titled ‘Save Personal Health Data’ before they can save their personal health data to a PDF file on their local computer.”

Work Life Employee Assistance Program

Purpose of Program: Available to military spouses, the Employee Assistance Program (EAP) is designed to provide a confidential professional assessment and short term counseling and referral services to help employees with their personal, job or family problems. The program also provides financial, legal and supervisory consultations.

Program Confidentiality: All contacts with the Employee Assistance Program are held in the strictest confidence. To maintain privacy and confidentiality the Coast Guard contracts the Employee Assistance Program services with an outside organization to operate the Employee Assistance Program. In no way does using the Employee Assistance Program affect an employee’s chances of promotion or advancement.

Service members, civilians and family members deal directly with this national network of providers. The Employee Assistance Program does not reveal the user’s identity to the Coast Guard. In addition, any discussion with an Employee Assistance Program counselor is confidential and protected by law. The only exceptions to the confidentiality are in cases of child abuse and specific state-enforced laws addressing family violence (where reporting is mandatory), suicide and imminent harm to another.

1-800-222-0364

http://www.uscg.mil/worklife/employee_assistance.asp

<http://www.foh.dhhs.gov/>

New Mom’s Support Group

Christine Kuperman has offered to lead a “NEW MOMS SUPPORT GROUP.” Mothers of younger children interested making new friends while tapping into the wealth of knowledge and resources of other Coast Guard spouses should contact Christine.

Home: 206-706-2556

Cell: 904-200-1059

CoastieWife426@gmail.com



Good Links

Emergency Preparedness

www.3days3ways.org

Emergency Preparedness

www.ready.gov

Emergency/Disaster preparedness

www.fema.gov/kids/

Emergency/Disaster preparedness for kids

www.fema.gov

Federal Emergency Management Agency

www.redcross.org/services/disaster

Emergency/Disaster preparedness

www.schoolreport.org

School Closure information

www.weather.gov

Weather information/warnings/alerts

www.aspca.org/pet-care/disaster-

[preparedness/](#)

Pet Emergency/Disaster Preparedness

www.doh.wa.gov/phepr/default.htm

Washington State Emergency Preparedness

Coast Guard Preparedness Videos

<http://www.youtube.com/user/USCGImagery>
- [p/u/2/0w 5XV7spBA](http://www.youtube.com/watch?v=5XV7spBA)

Admiral Bob Papp and Wife Linda Launch Ready Coast Guard

<http://www.youtube.com/user/USCGImagery>
- [p/u/0/U6zDuN_v15Q](http://www.youtube.com/watch?v=U6zDuN_v15Q)

Rear Admiral Mark Tedesco and his Wife Tammy Launch Ready Coast Guard.

<http://www.youtube.com/user/USCGImagery>
- [p/u/1/6BwfH7484g4](http://www.youtube.com/watch?v=1/6BwfH7484g4)

Coast Guard Master Chiefs and their Wives Launch Ready Coast Guard.

