

January 2012

Issue 3

# Ombudsman Corner

Air Station Atlantic City Ombudsman Newsletter



## Saying Good-Bye to 2011

In 2011 I became the Ombudsman for Air Station Atlantic City. Together with my former co-Ombudsman, we had some wonderful ideas to help the families arriving and those already here feel they were part of a much larger family than the one they transferred to Atlantic City with. In October Cynthia stepped down to be able to spend more time with her growing family but the ideas that we developed stayed in place. Our welcome packets for new arrivals are still available either in hard copy or electronically. We have developed referrals lists for doctors, dentists and many local businesses. The Air Station Babysitter List, Kids Playdates in Oct—Dec so moms & their children could get connected. Last but not least the Holiday Party sitters room which allowed parents to come to the Holiday Party that otherwise might not have been able to come. The Ombudsman website also was up and running as of November 1st, where you can find all the files from the welcome packet are available there for download.

VISIT <http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp>

## Things to come for 2012

### Changes to the Dependent Dental Coverage

As many of you have heard the Coast Guard dental dependent insurance plan will be changing in May of 2012. Some spouses and family members have been using Seaview Dental, At first Seaview Dental was not going to accept the new insurance coverage, MetLife, but we have now been informed that they will be accepting the new USCG dependent dental insurance. So for those families that use Seaview Dental as their family dentist you can still make your mid-year dental exam appointments with your favorite dental hygienist.



### Pharmacy changes in 2012

In 2012 Tricare will no longer will be working with Walgreens as a network contractor. If you have been using Walgreens in the past you will need to find a new pharmacy for your prescriptions. A good option that could save you a good deal of money would be using the Express-Script mail order prescription option to order your monthly medications. To find a pharmacy on the Tricare network or to learn more about the mail order option go to [www.express-scripts.com/tricare](http://www.express-scripts.com/tricare).

### Workshops for Our Spouses

I am excited to start offering workshops for our spouses that can help us start saving money and time. Our first workshop will be in February and will be a Couponing and Meal Planning workshop. I am hoping that these workshops will be popular and that with your help we can get some great ideas and keep them going. Email me with any ideas for the next workshop.

### Chiropractic Services at Low Costs

The Association of New Jersey Chiropractors is offering free Chiropractic services to military servicemen coming back from the Persian Gulf. These doctors may offer our personnel and their spouses the same services or at low cost. To find a participating Chiropractor in your area you can call 908-722-5678 or go to [www.njchiropractors.com](http://www.njchiropractors.com).

### Special points of interest:

- Farewell to 2011
- Changes to Dental Coverage
- Changes to your Prescription Coverage
- Chiropractic Care at Low Costs
- Workshops for Our Spouses

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## Events around the Air Station in 2011

Throughout the year the Morale Committee puts together many family oriented events that bring Air Station personnel and their families together. In the last quarter of 2011 we had some exciting events happen around the Air Station.

Thanks to LT Bucciarelli and all the great volunteers the Haunted Hanger was a great success and I heard it was the place to be on October 29th.

The Annual Air Station Air Bowl was a great family outing on what turned out to be a beautiful afternoon and the Enlisted team walked away with the Trophy for another year.

On December 10th we had our annual visit from Santa at the Air Station and our kids all got a great present from Santa after they were able to do some arts and crafts or decorate a ginger bread house or two.

Finishing out the year was the Annual Air Station Holiday at Ballys. We had a great turnout and this year we even offered a babysitting room to help out parents who would otherwise not have been able to come.



Santa came by to visit the kids and give out some gifts before his busy night. Then the parents got to have a party of their own at Ballys on the Boardwalk.

Come out  
and  
have some  
fun with other  
Air Station  
Families

## Family Morale Events for 2012

### January Event

#### MWR Ski Trip

January 29  
Blue Mountain Ski Lodge  
Poconos, PA  
\$33 lift, \$26 rentals, \$26 lessons  
Bus leaves Air Station at 6:30am  
**Alternate for those who don't ski:**  
King Pin Bowling Alley  
Egg Harbor Township, NJ  
\$8 pp/ 3 games, shoes, pizza or chicken nuggets, fries and soda.

The MVR committee has more exciting events planned throughout the year including the annual Easter Egg Hunt at the Air Station in April which is always a lot of fun for the kids.

The annual Family Kayak Trip and Cookout in June has a great turnout each year,

Plans are in the works for another great Coast Guard Day celebration. Everyone had a great time last year and hopefully Mother Nature will be

nice and make it an even better time this year.

Looks like MVR will also be bringing back the Welcome to the Air Station Pool Party for everyone to get to know our new arrivals to the Air Station. Last year we had a lot of fun even though the weather did not cooperate.

More events will be announced during the year so keep an eye out for more information as it becomes available.

Communities Around the Area You can use the following websites to find out information about your community news or local events happening in your area.

<b>Cape May</b>	<a href="http://www.capemay.com">http://www.capemay.com</a>	<b>Absecon</b>	<a href="http://www.absecon-newjersey.org/">http://www.absecon-newjersey.org/</a>
<b>Wildwood</b>	<a href="http://wildwoodnj.org/wp/">http://wildwoodnj.org/wp/</a>	<b>Egg Harbor City</b>	<a href="http://www.eggharborcity.org/">www.eggharborcity.org/</a>
<b>Avalon</b>	<a href="http://www.avalonboro.org/">http://www.avalonboro.org/</a>	<b>Mullica Township</b>	<a href="http://www.mullicatownship.org">http://www.mullicatownship.org</a>
<b>Sea Isle City</b>	<a href="http://sea-isle-city.nj.us/">http://sea-isle-city.nj.us/</a>	<b>Egg Harbor Township</b>	<a href="http://www.ehtgov.org/">http://www.ehtgov.org/</a>
<b>Ocean City</b>	<a href="http://www.ocnj.us">http://www.ocnj.us</a>	<b>Hamilton Township</b>	<a href="http://www.hamiltonnj.com/">http://www.hamiltonnj.com/</a>
<b>Ventnor</b>	<a href="http://www.ventnorcity.org/">http://www.ventnorcity.org/</a>	<b>Hammonton</b>	<a href="http://www.townofhammonton.org">http://www.townofhammonton.org</a>
<b>Linwood</b>	<a href="http://www.linwoodcity.org/">http://www.linwoodcity.org/</a>	<b>Winslow</b>	<a href="http://www.winslowtownship.com/">http://www.winslowtownship.com/</a>
<b>Northfield</b>	<a href="http://www.cityofnorthfield.org/">http://www.cityofnorthfield.org/</a>	<b>Monroe</b>	<a href="http://www.monroetwp.com/">http://www.monroetwp.com/</a>
<b>Atlantic City</b>	<a href="http://www.atlanticcitynj.com">http://www.atlanticcitynj.com</a>	<b>Evesham Township</b>	<a href="http://www.evesham-nj.gov/">http://www.evesham-nj.gov/</a>
<b>Brigantine</b>	<a href="http://www.brigantinebeachnj.com/">http://www.brigantinebeachnj.com/</a>	<b>Washington Township</b>	<a href="http://www.townshipnj.com/">http://www.townshipnj.com/</a>
<b>Galloway</b>	<a href="http://www.gallowaytwp-nj.gov">www.gallowaytwp-nj.gov</a>	<b>Visit Philadelphia</b>	<a href="http://www.visitphilly.com/">http://www.visitphilly.com/</a>

## Spring cleaning



Can mean cash  
in your pocket!

## The Opening of the BudList

Have furniture you would like to sell? Moving and you know you don't want to bring those old baby clothes that you will never need again? What are you going to do with them?

Why don't you put them on the BudList!

I am going to develop a link on the Ombudsman website to the BudList and it will be emailed out to all personnel on a monthly basis. This list will be a place where you can put items

you have for sale. All you have to do is send me the information about the items you have for sale, the price you are selling them for, one picture and your contact information.

The items will be allowed to stay on the list until they are sold .

## Referral & Discount Lists

The Air Station has a Business referral list for business that is posted on the Ombudsman website. If you have a favorite handyman, realtor or even a yummy restaurant that you frequent that you would like to add just let me know and that favorite will be put on.

Know of a store that offers Military discounts let me know so I can pass it on to everyone.

## PCSing

Transfer season is approaching quickly and very soon some of us will be getting ready to say hello to our new homes.

The task of moving can be a daunting thing and I would be more than happy to help try to make your move a little easier. If you would like I can contact the Ombudsman at your next duty station and get

you connected so that you can get a head start learning the area and local information.

For spouses that have worked during their time in Atlantic City, New Jersey is a state that allows military spouses to collect unemployment when they leave a job due to spouse transfers due to PCS orders. Once you arrive at your new duty station you are allowed

to apply for and receive New Jersey Unemployment by applying at

<https://njsuccess.dol.state.nj.us/html/uimain.html>

Another good resource for information regarding PCS moves is PCS America—The Military Relocation Network, which you can visit at [www.pcsamerica.net](http://www.pcsamerica.net)

The task of moving  
can be daunting.

Let me know if  
there is anything I  
can do to help.

## Air Station Atlantic City Babysitting List

If you know of anyone that would like to be a sitter on this list please contact Dorothy Folk

Name	Phone	Email	City
Email Dorothy Folk or contact babysitter for references			
Gabbi Fusco	(H) 856-457-5365 (C) 856-506-2110	<a href="mailto:gabbiedoodles@comcast.net">gabbiedoodles@comcast.net</a>	<b>Millville</b>
Antonia Maldonado	(C) 910-977-8398	<a href="mailto:chukisytutis@rocketmail.com">chukisytutis@rocketmail.com</a>	<b>Galloway</b>
Rebecca King	(H) 609-561-4641		<b>Hammonton</b>
Kayla Curry	(C) 817-797-6252	<a href="mailto:Kaylaa1984@yahoo.com">Kaylaa1984@yahoo.com</a>	<b>Mays Landing</b>
Mariluz Grullon	(C) 646-546-8281	<a href="mailto:Macuta98@yahoo.com">Macuta98@yahoo.com</a>	<b>Pleasantville</b>
Kate Caulfield	(C) 609-457-7558	<a href="mailto:ExxonKate111@aol.com">ExxonKate111@aol.com</a>	
Ebony McCourt	(C) 973-415-7910	<a href="mailto:ebonylovrezevan@aim.com">ebonylovrezevan@aim.com</a>	<b>Egg Harbor Township</b> available drop-offs as well as daily and weekly



Ombudsman  
C/O Commanding Officer  
U.S. Coast Guard Air Station Atlantic City  
FAA Technical Ctr, Bldg 350  
International Airport  
Egg Harbor Township, NJ. 08234



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## We're on the Web!

<http://www.uscg.mil/d5/airstaAtlanticCity/ombudsman.asp>

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### Ombudsman Website and Helpful Links

#### **Layette Program.**

Welcome Gift for baby, containing a receiving blanket, outfits and other items for a newborn child) to the families of junior members of the Coast Guard community when they have, or adopt a child. This is for E-6 and below, as well as O-1's for up to 6 months after the baby is born.

<http://www.cgmahq.org/Programs/lay.html>

#### **CG Spouses Site**

<http://coastiechicks.net/homeportmerocklandretiredchick.html>

#### **Military Spouse Education**

<http://www.militaryfamily.org/get-info/spouse-education/>

#### **National Military Family Association**

<http://www.militaryfamily.org/>

#### **Military Spouses Career Network**

Useful career and unemployment benefits information  
[www.mscn.org](http://www.mscn.org)

#### **Work Life 4 You**

Information about family, health and wellness, education, financial and legal, and daily life

[www.worklife4you.com](http://www.worklife4you.com) (Screen Name: USCG / Password: USCG)

#### **PCS America - The Military Relocation Network**

Linking military families to their new duty stations  
[www.pcsamerica.net](http://www.pcsamerica.net)

