



NAVAL
POSTGRADUATE
SCHOOL

Newcomers Information Slides

The Nation's Premier Defense Research University

Monterey, California
WWW.NPS.EDU



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UnitedHealth Care Military and Veterans

Ms. Dalis Marten / Mrs. Mary Brown

877-988-WEST (9378)

**When out of the area and need urgent care, call the Nurse Advise Line (NAL)
1-800-TRICARE**



CALIFORNIA

MEDICAL DETACHMENT



Army Medical Home

Hours of Operation:

473 Cabrillo Street, Bldg #422

M - F 0700-1600

Pediatrics Medical Home

Hours of Operation

880 Cass Street

M - F 0730-1630, Closed 1200-1300

**Both clinics will be closed 3rd TH of every month at 1100 and Federal Holidays*

Accessing Care

Appointment Line:

1-866-957-2256 M - F 0630 - 1545

(Option1) to make an appointment or speak to a representative.

Nurse Advice Line:

1-800-874-2273 (Option 1)

Can be reached 24 hours a day, 7 days a week

To help TRICARE beneficiaries make informed decisions about self-care options and urgent care support.



Secure Messaging Service:

<https://app.relayhealth.com>

Direct contact to your healthcare team via the web.

Please see the clinic front desk to enroll in secure messaging.



TRICARE Online:

www.tricareonline.com

Securely links you and your family to consolidated healthcare services and provides information about treatment received at a military hospital or clinic.



<https://www.calmed.amedd.army.mil>



Services Provided

- Primary Care
 - Family Medicine
 - Pediatrics
- Behavioral Health
- Readiness (Military)
- Physical Therapy
- Optometry
- Pharmacy
- Laboratory
- Radiology
- Preventive Medicine
- Occupational Health
- Social Services
 - Family Advocacy
 - EFMP

Mission

Privileged to serve,
we set the standard as a
military healthcare readiness
platform by ensuring patient-
focused access to high quality
healthcare for our
beneficiaries in the
Monterey Peninsula and
Central California.

Welcome to the library!

library.nps.edu

Did you know you can:



Access our public
computers

Borrow books,
DVDs &
audiobooks



*To borrow items, ask the primary
cardholder to add you to the account.



IT'S YOUR LIFE'S WORK. MAKE IT MATTER.

Take the Next Step Now

Fast-track your career with an Executive MPA

Since 1901, Golden Gate University has been a leading nonprofit institution with a mission to help working adults improve their lives through relevant, effective education. With convenient evening, weekend and online classes, you can — while you work — earn a valuable degree fully accredited by the Western Association of Schools and Colleges.

The executive master of public administration (Executive MPA) program gives experienced administrators advanced knowledge to qualify for more senior positions.

About the Executive MPA at GGU:

- Earn your EMPA in as little as 18 months by taking online or in-person classes, or join our Monterey, San Francisco or Silicon Valley cohorts.
- Designed for executives: At least five years working experience is required.
- GGU has the oldest public administration program in Northern California, providing nearly five decades of education.
- GGU has been an institutional member of the Network of Schools of Public Policy, Affairs, and Administration since 1973.

Programs start throughout the year — chat with an enrollment counselor now at 415-442-7800 or 888-GGU-EDU1 or info@ggu.edu.

“The knowledge and the sense of accomplishment that I obtained from completing this rigorous degree program has given me confidence that I can tackle any challenge that my career throws my way.”

*Evert Palmer
MPA 10
City Manager
City of Folsom, California*

Cohorts starting soon!

San Francisco
Monterey
or Silicon Valley

www.ggu.edu/public-administration

BUSINESS | TAXATION | ACCOUNTING | LAW

GOLDEN GATE UNIVERSITY



English as a Second Language Class for *spouses* at NPS

Classes now offered:

English Class: **8:30am - 12:30pm M-F**

Conversation Class: **1:00pm- 2:30pm M-Th**

Location: **Herrmann Hall 29**

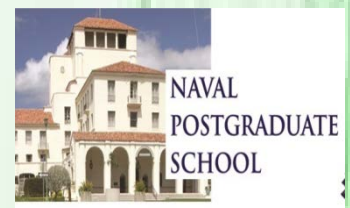
Registration: **Fridays from 9 am – 11 am**

Levels: **High Beginning – Advanced**

Email **Ms. Koh** at **mkoh@nps.edu**

Cost: **Free**

ONGOING ENROLLMENT





Monterey Pines Golf Club

Open Daily - Located near the Monterey Fairgrounds

- 18 Hole Golf Course
- Golf Shop
- Rental Clubs
- Grill and Bar
- RV Park and Vehicle Storage

Herrmann Hall, Bldg. 220, Room 55

School Liaison Officer Herrmann Hall, BLDG. 220

- Location: 2nd Floor, West Wing, Room 157,

Food and Beverage

- El Prado Dining Room
- Café Del Monte
- Trident Room
- Starbucks
- Catered Events

Navy Gateway Inns & Suites

Located in Herrmann Hall BLDG. 220 1st Floor

Creating comfortable guests services
for those who serve!

Navy Fitness

- Personal Training
- Group Exercise Classes
- Incentive Programs
- Adult Athletic Leagues
- Fun Runs

Navy Community Recreation

- Special Events
- Information and Tickets
- Family Activities
- Tours and Outings
- Life Skills

Child & Youth Programs

Located in La Mesa Housing

- Child Care Services
- Before and After School Care
- Teen Programs
- Youth Sports

Fleet & Family Support Center

Located in La Mesa Housing

- Family & Life Skills
- Financial Management
- Transition Assistance
- Exceptional Family Member
- Parenting Education



Child, Youth and School Services



LOCATED AT ORD MILITARY COMMUNITY (OMC) (<http://www.monterey.army.mil/cyss/cyss.html>)

PARENT CENTRAL SERVICES

Bldg 4260, General Stilwell Community Center, OMC

Telephone: (831) 242-7765/7184 Open Monday-Friday 8 a.m. – 4 p.m.

MONTEREY ROAD CHILD DEVELOPMENT CENTER

Bldg 7693, OMC Telephone: (831) 583-1050/1051, Open Monday-Friday (6 weeks- 5 years) 6:30 a.m. – 6 p.m.

PORTER YOUTH CENTER

Bldg 4283, OMC Telephone: (831) 242-7823 Open Monday – Friday (K-12TH grade) 6:30 a.m. – 6 p.m.

ADDITIONAL PROGRAMS:

STRONG BEGINNINGS PREK

FAMILY CHILD CARE

YOUTH SPORTS & FITNESS/SKIES CLASSES

SCHOOL LIAISON OFFICE

Our goal is to help ease the transition process between schools for families with school age children. Please contact the school liaison officer @ (831) 242-6904 or email Elaine.L.Vrolyks.naf@mail.mil for additional information.



CNRSW School Liaison Officer

Leslie Flynn

NSAM School Liaison Officer

lflynn@nps.edu OR NSAMSLO@nps.edu

Office: 831-656-1008/DSN 756-1008

2nd Floor West Wing HE-157

M-F 0800-1630 & By Appointment

For information on K-12th dependent school related issues
and special needs navigation with the local education
agency

On the web:

<http://navylifesw.com/monterey/families/cyp/schoolliaison/>

FITNESS CENTER



- Weight and Cardio Rooms
- Personal Trainers
- Basketball and Racquetball Courts
- Olympic Weightlifting Platforms & Bumper Plates
- TRX Suspension Training Rig
- Massage Services
- Tennis Courts
- Sparks Field Softball Diamond
- Roman Plunge & Picnic Area



NAVY FITNESS

- *Softball*
- *Basketball*
- *Women's 3 vs/ 3 Basketball*
- *Fun Runs & Races*
- *Group Exercise Classes and Zumba®*
- *Tournaments*
 - *Dodgeball*
 - *Racquetball*
 - *Volleyball*
- *Like our Facebook Page: "Navy Fitness Monterey"*





Join the Naval Postgraduate School Foundation

BENEFITS:

- Access to Clubs
- Support Research
- Student and Faculty Awards
- Foundation Socials
- Quarterly Events
- America's Heroes Charity Golf Tournament
- Grand Winter Ball
- Volunteer at Community Events



For more information, visit us online at www.npsfoundation.org or in person at the NPS Foundation Cottage, Building 283.



Naval Postgraduate Sailing Association



- Sailing Classes given regularly
- Group Sails
- (2)- Santana 22 sailboats available to rent for \$25/4 hours (basic keelboat qualification required)
- NPS Racing team
- For more details visit NPSSA.org





NPS Judo Club



Who: All patrons, 17 years or older, authorized to use the NPS Gymnasium (MBAC) (e.g. active duty, family members, DOD employees, reservists)

What: Learn and practice Kodokan Judo, one of the most popular martial arts in the world



When: Monday and Wednesday nights 6:30 PM – 8:00 PM




Where: The Group Exercise Room in the NPS Gymnasium

Why: Judo is a great aerobic conditioning exercise that improves strength, balance, and cardiovascular conditioning through the practice of throws, pins, chokes and armbars.

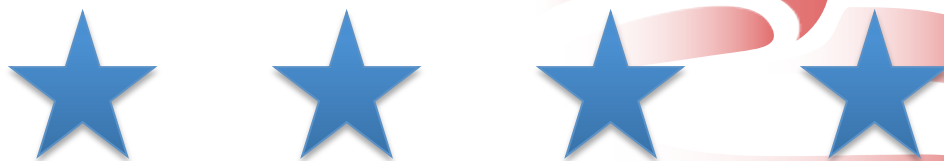
How much: \$70.00 annual fee for national organization (USJF) membership. No monthly or per class fees.

Contact: Gary Parker, gwparker@nps.edu, (831) 656-7845



Del Monte Brass Band

Wants You!



Monterey County's
PREMIER MILITARY BAND

Brass, Woodwind, Percussion

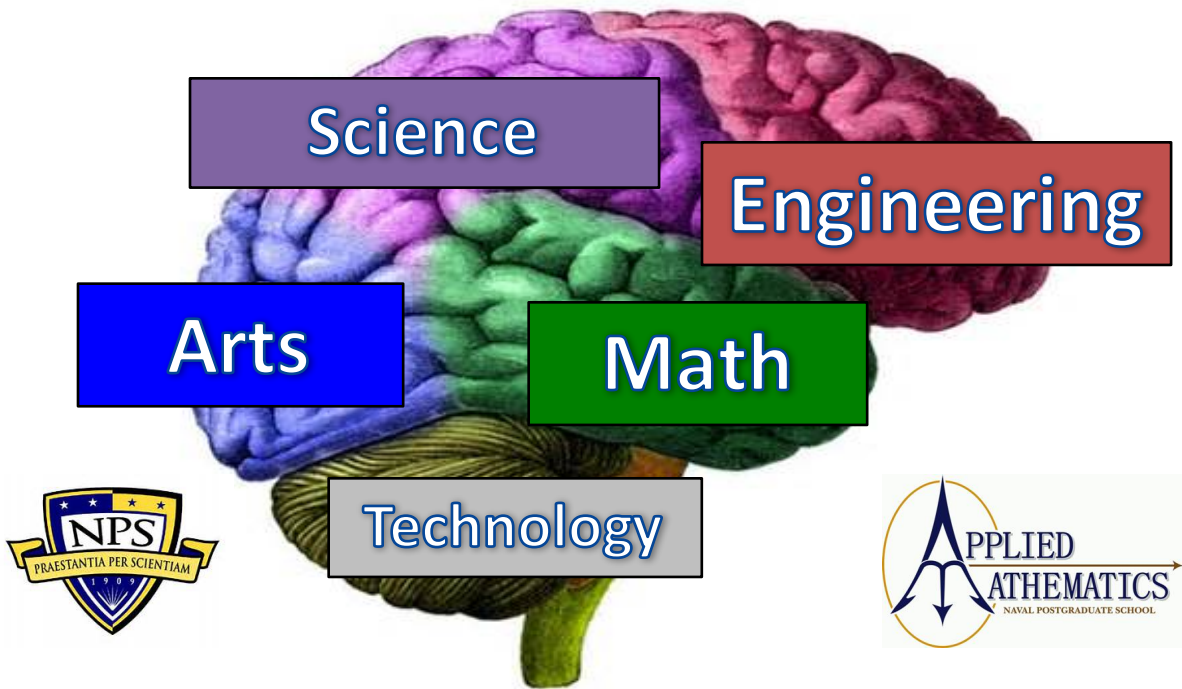
Active Duty, Retired, Spouses and Veterans welcome!

Rehearsals at Naval Postgraduate School, King Hall

Tuesday 4:30-6:00 and Friday 12:00-1:30

Military ID required Call 202-841-2654 or 831-238-5282 for more information

Breakfast for your Brain



WHAT: Mentors and Tutors

WHO: All Backgrounds and Disciplines Needed!

FOR: Grades K-12

WHERE: Dudley Knox Library NPS

WHEN: Saturdays 9 -11am

Brain Gain: Program beginning each month
15 minute STEM presentation by NPS Faculty

Contact: BreakfastForYourBrain@nps.edu

With the subjects you would like to tutor or any further questions.



MOTO

MOTIVATING OTHERS THROUGH OUTREACH

MONDAY-FRIDAY • 8:30 am-3:15 pm

Central Coast High School provides an educational opportunity for students who desire to get back on track and achieve their high school diploma. Be part of a rewarding journey.

- *Geometry*
- *Algebra 1 & 2*
- *Business Math*
- *English 1, 2, 3 & 4*
- *Leadership*
- *Computer Graphic Design*
- *Computer Business*
- *Health Careers*
- *First Responders*
- *U.S. History*
- *Biology*
- *Earth Science & Economics*

Classes are one hour long. For more information, call 831-656-1008 or email: motovolunteer@gmail.com / lflynn@nps.edu





The Panetta Institute for Public Policy

If you can read, you can help!

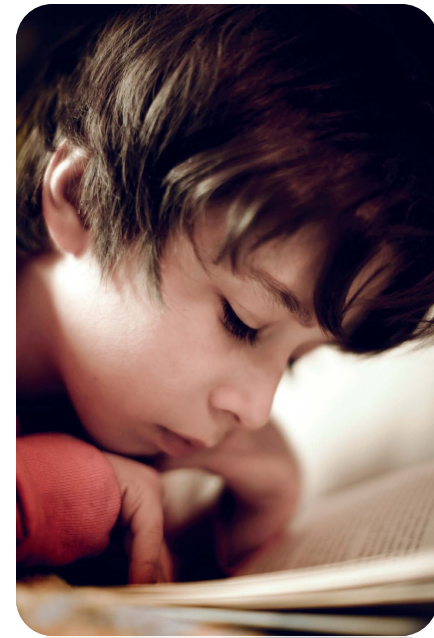
Contact the Panetta Institute about service with the *Monterey County Reads* program – now celebrating the twentieth anniversary of reading with children



Monterey County Reads

831-582-4200

info@panettainstitute.org



ARMY COMMUNITY SERVICE MISSION

Facilitate the Commander's ability to provide comprehensive, coordinated and responsive services which support readiness of Soldiers, civilian employees and their Family members.



Maximize technology and resources, adapt to unique installation requirements, eliminate duplication in service delivery and measure service effectiveness.

AR 608-1

Armed Forces Team Building / Outreach

Army Emergency Relief / Financial Readiness

Army Family Action Plan

Army Volunteer Corps

Information & Referral

ACS Special Programs

Exceptional Family Member Program

Family Advocacy Program / Survivor Outreach Services

Family Readiness Employment Assistance Program

Mobilization/Deployment

Relocation Readiness

Sexual Assault Prevention & Response Program



Building 4260, Gigling Road, Seaside, CA 93955 (831) 242-7660
<https://presidio.armymwr.com/us/presidio/programs/army-community-service>

Additional assistance available through the Hero Care Network

- **Access to emergency financial assistance.**
The Red Cross, in partnership with military aid societies, provides access to financial assistance in the event of an urgent personal or family crisis.
- **Connection with information and resources.**
The Red Cross can help connect you with national, community and government resources to assist you and your family.



Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.



Hero Care Network Emergency Communications

Serving the U.S. Armed Forces
and Their Families



Service to the Armed Forces

Hero Care Network
Emergency Contact Card



Information About Your Service Member's Unit

Military unit: _____

Military installation: _____

Rear detachment (if applicable): _____

For more information, contact your local Red Cross office
or visit redcross.org

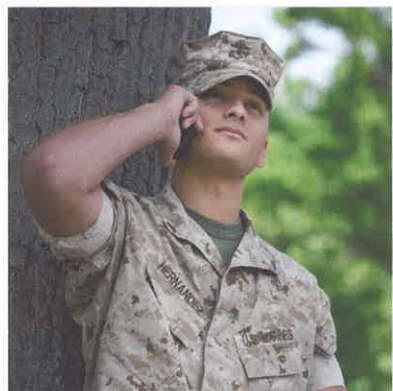
The American Red Cross...around the clock...around the world—helping military and families.

You and your family are never alone

When a military family experiences a crisis, the American Red Cross is there to help.

The military can count on the Red Cross to provide emergency communications that link them with their families during a crisis. This is done through our emergency communication center and offices across the country and around the world.

When family emergencies occur, such as the death or illness of an immediate family member, the Red Cross assists 24 hours a day, 365 days a year through our global communication network. The Red Cross sends verified reports of the emergency to the military member commander, enabling them to determine the need for the service member to return home on emergency leave. No matter where a service member or family is stationed, they can rest assured that the Red Cross will deliver their message in a time of crisis.



If you have a family emergency, contact the Red Cross at **877-272-7337** or online at **redcross.org/HeroCareNetwork**, 24 hours a day, 7 days a week. If you are overseas or at a deployed location, you can also contact your local Red Cross staff for assistance.

To assist the Red Cross, you will be asked for:

1. The military member's name, rank, last four digits of their Social Security Number or date of birth, and military unit. (Complete and save Emergency Contact Card.)
2. The name of the person (and their relationship to the military member) with the emergency and the nature of the situation.
3. The name and contact information of a medical authority to verify the emergency.



Scissors icon Cut along dotted line.

Service to the Armed Forces

Hero Care Network
Emergency Contact Card



If you have a family emergency, contact the Red Cross at **877-272-7337** or online at **redcross.org/HeroCareNetwork**, 24 hours a day, 7 days a week.

Information About Your Service Member

Legal name: _____

Branch of service: _____ Rank: _____

Last four digits of SSN or date of birth: _____

American Red Cross

Today's service members and veterans face many challenges after repeated deployments to conflict zones around the world. Upon their return, many realize that the return home can be just as challenging as their tour of duty.



**American
Red Cross**

For more information, visit
redcross.org/reconnectionworkshops.

Reconnection Workshops

Reuniting, Reconnecting and
Rebuilding for Military and
Veteran Families



**American
Red Cross**

Facing Challenges

Transitioning back home can be hard, and many service members and veterans have experienced challenges readjusting into life with their families, their jobs and their communities. This Red Cross program aims help ease that transition. Some of the challenges facing service members are:

- Readjusting to partners who assumed new roles during the separation
- Engaging children who have matured during separation
- Redefining the family routine
- Managing long-term health
- Changing Careers and attending school

The American Red Cross has developed the Reconnection Workshops for all military veterans and their families to assist them with managing the challenges of reintegration.



Building Skills

The workshops focus on small groups and are designed to help military veterans and family members reconnect and reintegrate successfully. Led by licensed, specially trained Red Cross mental health workers, each workshop addresses a topic that military families have found relevant to readjustment.

Adult Workshops:

- Communicating Clearly
- Exploring Stress and Trauma
- Identifying Depression
- Relating to Children
- Working Through Anger

Children/Teen Workshops:

- 10-4: Confident Coping
- Roger That! Communication Counts

Each workshop is customized for children (8–10 years old) and for teens (12–18 years old).



Workshops are free and available
in your community



To take advantage of this free
and confidential program, go to
[redcross.org/reconnectionworkshops](https://www.redcross.org/reconnectionworkshops).



American Red Cross

United Way
Monterey County



United Way fights for the financial stability of families in Monterey County. You can join us as a Volunteer or Advocate.



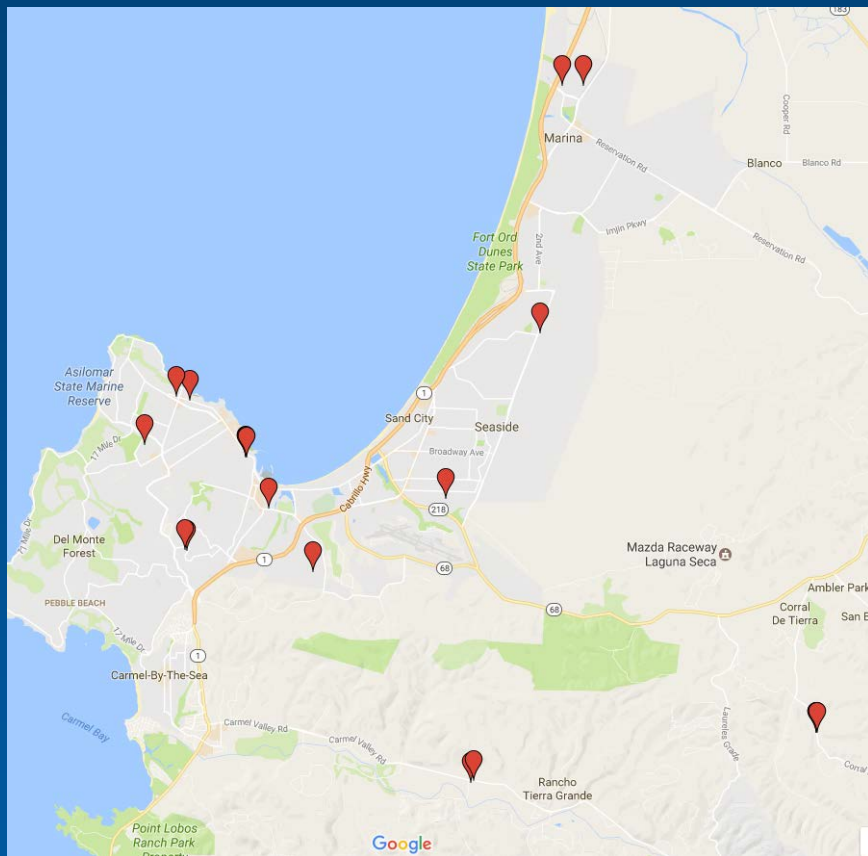
Some of the services we offer:

- ❖ **Free Tax Prep** for people earning less than \$54,000
- ❖ Fully stuffed backpacks for students in need though ***Stuff the Bus***
- ❖ **2-1-1 Monterey County** Information and Referral Line for Health and Human Services
- ❖ Individual and group volunteer opportunities

Please visit us at UnitedWayMCCA.org



Boy Scouts of America



**To join any Scout unit in the Monterey area
please call Steve Solberg at 831-287-2022**

Prepared. For Life.®



BOY SCOUTS OF AMERICA®

CUB SCOUT



PACK 135

MONTEREY - SEASIDE - FT. ORD
CALIFORNIA

SINCE 1958
CUBSCOUTPACK135.COM



**ADVENTURE IS WAITING.
BUILD YOURS.**



57+ year old Pack centered in Seaside and Ord Military Community.
Includes both military and civilian members.

Meets Mondays at 6:15pm: Porter Youth Center, 4286 Normandy Rd, Seaside, CA

Email: pack135.cubmaster@hotmail.com Phone: (831) 275-0735 Web: www.CubScoutPack135.com

- Social
- Legacy
- Philanthropy

MBOSC is a tradition on the Monterey Peninsula, but our long-lasting strength comes from our *members*. Branch out with a *monthly social*. Support the community with your time and talent. Or *meet up* monthly with a group that sparks your *interest* – Bunco, book club, wine club, playgroup and much more!



MONTEREY BAY *Officers' Spouses Club*

Join online at MBOSC.net

- Connect
- MBOSC
- Officers' Spouses



the MARINES SPOUSES' CLUB!

Friends, local fun, support

Connect @ npsmarinespouse@gmail.com

or NPS Marine Spouses on Facebook

Monterey Navy Exchange
Main Store
831-373-7343

Western Union, Tailor Shop, Laundry,
Dry Cleaning, Uniforms, Barber

Car Care Center
Gas Station
831-373-7271

5 cent discount per gallon on fuel when
you use your Star Card

La Mesa Mini Mart
831-375-0959

www.mynavyexchange.com



Navy Gateway Inns & Suites



Worldwide
Hospitality →

11/13



Navy Gateway Inns & Suites Naval Support Activity Monterey

**Having Friends and Family coming to visit?
NAF, DOD Employees, Active Duty or Retired
Military are our guests! Sponsor friends or
family to stay today.**

Call 831-656-2060 or visit www.dodlodging.net



FVAP.GOV
FEDERAL VOTING ASSISTANCE PROGRAM

U.S. Military and Spouses: Register for Your Absentee Ballot Using FVAP.GOV

- ✓ Register to receive an absentee ballot from the state in which you are a legal resident. FVAP.GOV walks you through the process. ➡
- ✓ FVAP.GOV offers point-and-click assistance and produces printable forms that eliminate legibility errors.
- ✓ Contact the NPS Voting Assistance Officer at vote.nps@nps.edu if you are having trouble using FVAP.GOV.

The screenshot shows the FVAP.GOV website. At the top is the Department of Defense seal and the FVAP.GOV logo. A navigation bar includes links for Home, Military Voter, Overseas Citizen Voter, Voting Assistance Officer, Election Official, and General Information. A search bar is on the right. The main content area features a 'Voters Start Here' section with a 'Select a State' dropdown, a 'Help a Voter' section with links for Voting Assistance Officers and Election Officials, and a 'How to Use FVAP's Online Assistant' section with a five-step process: Fill, Review, Print, Sign, and Mail. Below this are sections for 'Upcoming Election Dates' (listing Texas, Illinois, and District of Columbia), 'Quick Links' (with links to downloadable materials, form locations, the absentee vote process, the voting assistance guide, and nearby voting offices), and 'Latest FVAP News' (with recent news items from September 30, September 23, September 05, September 03, and August 07). A 'Contact FVAP' button is also present. At the bottom, there is a 'View All Election Dates' link, a 'Voting Absentee' graphic, and a 'View All FVAP News' link.

DEPARTMENT OF DEFENSE
FVAP.GOV
FEDERAL VOTING ASSISTANCE PROGRAM

Voting assistance for Service members,
their families and overseas citizens

FAQs | Links | Contact | Election Materials | News

Home Military Voter Overseas Citizen Voter Voting Assistance Officer Election Official General Information

Voters Start Here
Military and Overseas Citizens start the voting process

Select a State

Help a Voter
★ Voting Assistance Officers
☑ Election Officials

How to Use FVAP's Online Assistant

Fill Review Print Sign Mail

The online assistant is easy and helps guide you through completing the FPCA and FWAB.

Upcoming Election Dates

Mar 4	Texas - State Primary
Mar 18	Illinois - State Primary
Apr 1	District of Columbia - District Primary

[View All Election Dates](#)

Quick Links

- Downloadable Election Materials
- Where do I send my forms?
- About the Absentee Vote Process
- Voting Assistance Guide (VAG)
- Locate a Voting Office Near You

[Contact FVAP](#)

Latest FVAP News

- September 30
[DoD Awards Research Grants for Military and Overseas Voting](#)
- September 23
[Arizona and Maryland Receive Grants](#)
- September 05
[Louisiana to Hold Special Primary Election for CD5](#)
- September 03
[New Jersey to Hold Special General Election for U.S. Senate](#)
- August 07
[EAC Releases 2014 Post-Election Survey for Public Comment](#)

[View All FVAP News](#)

EVERY VOTE COUNTS

Voting Absentee is easy using FVAP's online assistants.
Be absent but accounted for.



Feedback/Submission

To provide feedback

-Or-

Inquire about submitting a slide

Email: sso@nps.edu

Subj: Newcomers Slides