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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
Accessing Care

Appointment Line:
1-866-957-2256  M - F  0630 - 1545  
(Optional 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 
Secures you and your family to consolidated healthcare services and provides information about treatment received at a military hospital or clinic.

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.
GOLDEN GATE UNIVERSITY

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.

“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

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

Cohorts starting soon!
San Francisco
Monterey
or Silicon Valley

www.ggu.edu/public-administration
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

**Navy Community**
**Recreation**
- Special Events
- Information and Tickets
- Family Activities
- Tours and Outings
- Life Skills

**Food and Beverage**
- El Prado Dining Room
- Café Del Monte
- Trident Room
- Starbucks
- Catered Events

**School Liaison Officer** Herrmann Hall, BLDG. 220
- Location: 2nd Floor, West Wing, Room 157,

**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

**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

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- Parenting Education
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
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, gwparkers@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
**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.
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 / llynn@nps.edu
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
AR 608-1

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.

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
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.

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**Service to the Armed Forces**

*Hero Care Network*

*Emergency Contact Card*

**Information About Your Service Member's Unit**

Military unit:

Military installation:

Reenlistment (if applicable):
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.

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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.

For more information, visit redcross.org/reconnectionworkshops.
Facing Challenges
Transitional 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 to 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

American Red Cross

To take advantage of this free and confidential program, go to redcross.org/reconnectionworkshops.
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 through **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
To join any Scout unit in the Monterey area please call Steve Solberg at 831-287-2022
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
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!

Join online at MBOSC.net
Join 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  
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
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.
To provide feedback
-Or-
Inquire about submitting a slide

Email: sso@nps.edu
Subj: Newcomers Slides