



# Ombudsman Newsletter

## The Gettysburg Chronicles

### May 2011



USS Dwight D. Eisenhower (CVN 69)  
FPO AE 09532

IKE Quarter Deck number  
757-396-3643



Navy Family Ombudsmen are communication links, informational and referral resources and advocates for command family members. Appointed by the commanding officer, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman are a point of contact for all family members connected to the command - including spouses, parents and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines. Each Ombudsman program is owned by the commanding officer and is unique to the command's size and needs.

#### You're IKE Ombudsman Team

Alix 757-289-7049  
 April 757-652-4263 Duty Phone  
 Cora 757-469-6057  
 Cynthia 757-679-9861 "Habla Espanol"  
 Linda 757-469-3076  
 Sherry 757-289-7046  
 ikeombudsman@gmail.com



## CAPT Marcus A. Hitchcock

Is it April that comes in like a lamb and goes out like a lion? Or is that May? I will tell you that the end of April really feels like a lion! Sailors aboard IKE have really “turned to” as we take the ship back and I continue to be amazed at their performance. The amount of work still left in May to get the Ship ready to return to the fleet is great but the grit and determination displayed by the crew to get us back is inspiring. With each passing day the Ship is looking more and more like the Aircraft Carrier IKE is meant to be. I am absolutely confident this ship and our Sailors will be ready in June when we return to Naval Station Norfolk. July looks like a busy month for IKE; we will be out most of the month.

After being in the shipyard for 9 months, it will be great to get back to sea but we’re not starting slow! As Navy families, now is a great time to start preparing for supporting your Sailor at sea and ensuring your family is ready on the homefront. Taking some time now to discuss how you want to arrange bills, maintain cars, support the kid’s schedules and other things you’ve been managing as a family will pay dividends as your Sailor heads to sea. Another thing you may want to consider is getting a power of attorney for any legal needs you might have in July. Being prepared will reduce anxiety and avert problems that are likely to come up. However, if the need arises and you don’t have a solution, please call our Ombudsmen. They have a wealth of knowledge and resources at their fingertips.

On a fun note, it looks like we will be able to have a Friends and Family Day Cruise towards the end of July. Once confirmed and scheduled, we will get the information out to everyone so that you can come out and enjoy a day out to sea with us. If you’ve never experienced a Friends and Family Day Cruise, it is loads of fun. We are planning an air show that will be performed by our friends from Carrier Air Wing Seven and many other fun events that will make for an experience you will never forget.

With the weather getting warmer and summer just around the corner, many of you will be traveling around this great country of ours to visit family and friends and enjoy vacation time. We hope your visits to be joyful, rewarding, relaxing, but most of all safe. Please take an extra few moments to plan your trip and inspect your vehicle for roadworthiness. This is time well spent.

Besides seeing friends and family or taking vacations, there are many other great things taking place in the Hampton Roads area that you may want to check out. May MWR events include Spring Barracks Bash & Car Show and a free concert by Third Eye Blind at Naval Station Norfolk. Check out your local MWR office to see what other fun activities are planned.

As always, many thanks to the Ombudsman, FRG and families who love us and support us each and every day. We are able to serve our country because of your sacrifice and service. All our best wishes!

Captain Marcus Hitchcock  
Command Officer

# FAMILY READINESS GROUP



Contact Eisenhower's FRG at [ikefrg@yahoo.com](mailto:ikefrg@yahoo.com)

*President:* Debra

*Treasurer:* Lindsey

*Secretary:* Ashley

*Tech Advisor:* Alma

If you need to get in touch with Alma about [ikefamily.com](http://ikefamily.com) you can email her at [webmaster@ikefamily.com](mailto:webmaster@ikefamily.com)

*Merchandiser:* Amanda

*Vice President:* Alex

A Family Readiness Group (FRG) is a command organization that may operate on Department of Defense installations. Members typically include spouses, but may also include parents, grandparents, children and fiancés.

The purpose of an FRG is to plan and conduct social, informational, care-taking, and morale building activities that will increase family readiness and enable the total Navy family to meet the challenges of the mission and military lifestyle.

As Navy families, we are truly blessed to have such strong support teams when our Sailors are home and away. The FRG meeting is held the first Wednesday of the month at London Bridge Baptist Church.



# Understanding TRICARE

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. TRICARE is the Department of Defense's health care program for members of the uniformed services, their families and survivors.

TRICARE also offers health care programs for retired service members, including TRICARE Pharmacy, TRICARE Dental (United Concordia), and TRICARE for Life.

With so many health care plans and programs, TRICARE can seem complicated. But it's really not that hard to understand once you break it down. As with other types of insurance, the more you know about your coverage, the better equipped you'll be to access your benefits.

The resources in this section will demystify TRICARE and help you choose the coverage plan that best fits your family's needs.

This week's update features TRICARE's program to help allergy sufferers.

Many TRICARE beneficiaries are not aware that they are eligible for testing and treatment of allergy related conditions. In addition, to tests administered by allergists that can identify most allergies, TRICARE covers prescription medication and other allergy treatments administered by allergists. Unfortunately, TRICARE does not cover most over-the-counter medications

To see if a medication is covered by TRICARE, use the online formulary search tool at <http://www.pec.ha.osd.mil/>.

For more information on the allergy services TRICARE offers and how to arrange care, visit the

TRICARE website at

[www.tricare.mil/mybenefit/allergy](http://www.tricare.mil/mybenefit/allergy).

# IKE On Ice with Norfolk Admirals



USS Dwight D. Eisenhower (CVN 69) (IKE) Sailors attended Morale, Welfare and Recreation's (MWR) "IKE Night" during the Norfolk Admirals/Adirondack Phantoms game at Norfolk's Scope arena, March 23.

Crowding into section 203 high atop the Scope, many of IKE's warriors cheered as the Admirals skated to a 3-2 victory over the Phantoms. The cheers were not only for the bone-crushing play on the ice, but also for their shipmates who opened the night's events.

Minutes before the match got underway, IKE's color guard entered onto the ice to present the colors as Hospital Corpsman 2nd Class Monica Elliot sang the National Anthem.

"It felt great to be chosen to represent IKE," said Elliot. "It's always a proud honor to represent the Navy."

Eisenhower Executive Officer Capt. Robert Gamberg started the game by dropping the ceremonial first puck at center ice.

"It was an opportunity for the entire IKE team to experience," said Gamberg. "My biggest fear was falling on the ice," he added. "It was a great event for everyone on board."