



**WELCOME**  
to the  
**Navy Region Southwest  
Ombudsman Assembly**





**Program Reminders**

**FFSC Personal Financial Management**

**Resource Providers**

# Program Reminders

- Updated worksheet template: OMB 0703-0070 Exp 30 June 2025
- Newly released: OPNAVINST 1750.1H
  - Ombudsman Selection Waiver Requirements (Enclosure 2)
- DoD Safe recommended way to send rosters to ombudsman
- Rosters should not be stored in cloud-based apps (i.e. Google Drive)
- Google voice or third party apps are not to be used for ombudsman phones

---

# FFSC Personal Financial Management

---

*Ed Olander*



# Resources

Command Financial Specialist (CFS)

Fleet and Family Support Center (FFSC)

Navy-Marine Corps Relief Society (NMCRS)

2-1-1 for your location

Military OneSource, WIC, Food Banks, USO, ASYMCA



**Ed Olander  
PFM AFC**

**Naval Base San Diego**

**619-556-9887**

**[edward.w.olander.ctr@us.navy.mil](mailto:edward.w.olander.ctr@us.navy.mil)**

**1-866-923-6478 (Appointments)**



# Additional FFSC Resources

- [Navy Life SW FFSC Services Landing Page](#)
- [FFSC San Diego Downloadable Resource Flyers](#)
- [Metro San Diego Ombudsman Resource Page](#)
- To register for programs and workshops contact Centralized Scheduling at 866-923-6478

---

# Courage to Call

---

*Wil Smith*

- Email: [wilford.smith@turnbhs.org](mailto:wilford.smith@turnbhs.org) or [couragetocall@turnbhs.org](mailto:couragetocall@turnbhs.org)
- Helpline: 877-698-7838
- Website: [Courage to Call](http://courage2call.org) ([courage2call.org](http://courage2call.org))





---

# ASYMCA

---

*Jamie Inarda*

- Website: [ASYMCA San Diego](http://sandiego.asymca.org) (sandiego.asymca.org)





ARMED SERVICES YMCA

# NEX FOOD DISTRIBUTION

Join Armed Services YMCA San Diego for our upcoming  
Neighborhood Exchange (NEX) Food Distribution!

Gain nutritious dry goods and more for your family  
with a simple sign-up & drive-thru!

## Bayview Recreation Center

1898 Sky Harbor Rd. San Diego, CA 92139  
Every 2nd Thursday 10 a.m. – 12 p.m.

## Murphy Canyon Site

3293 Santo Rd. San Diego, CA 92124  
Every 4th Thursday 10 a.m. - 12 p.m.  
(Special Holiday Special for Nov. & Dec.)



For more information call at 858-751-5755 or  
Visit us at [www.asysd.org](http://www.asysd.org)

## 2 - Step Sign-Up

San Diego Food Bank



ASYMCA Food Drive



Join Us!



---

# Women, Infant, Children (WIC)

---

*Naomi Nolte-Carroll*

- WIC Military Website: [WIC Military Families](https://sdwic.com/military/) (sdwic.com/military/)





# The Women, Infants, and Children Program (WIC)



All photographs are free images from Unsplash or Pexels, except where another source is acknowledged.



SAN DIEGO STATE  
UNIVERSITY  
Research Foundation



American Red Cross  
San Diego and Imperial  
Counties



Clinicas de Salud  
Del Pueblo, Inc.



Scripps



SAN YSIDRO  
HEALTH



# What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children

- 1** One-on-One Tailored Nutrition Counseling
- 2** Healthy Foods
- 3** Breastfeeding Support
- 4** Referrals to Health & Community Services



Healthy Foods



Nutrition Education



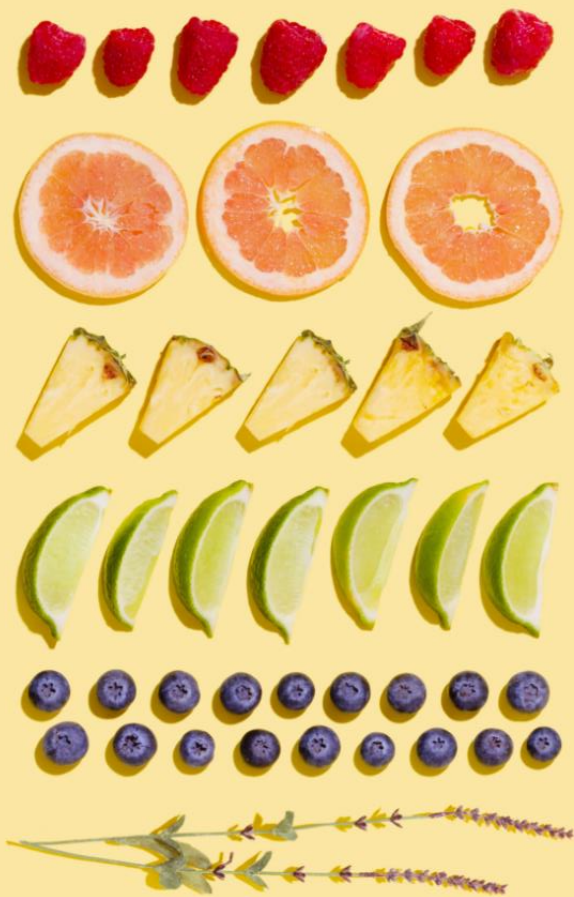
Breastfeeding Support



Community Referrals



[wicwork.ca.gov](http://wicwork.ca.gov)



## Who may qualify for WIC?

- People who are pregnant
- Breastfeeding parents up to 1 year
- Postpartum parents up to 6 months
- Those who recently experienced pregnancy loss
- Children ages 0 to 5



# Eligibility Overview

Number of people in family	Gross monthly income (as of 2023)
2	\$3,041
3	\$3,833
4	\$4,625
5	\$5,418
6	\$6,210

**1** Category

**2** Income

**3** Live in California\*

\*You may meet requirements regardless of immigration status



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



wicwork.ca.gov



# Automatic Income Eligibility

Current participation in one of these programs can be used to determine income eligibility.

- Medi-Cal
- California Work Opportunity and Responsibility to Kids (CalWORKs)
- CalFresh (SNAP)
- USDA Food Distribution Program on Indian Reservations (FDPIR)



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



[wicwork.ca.gov](http://wicwork.ca.gov)

# San Diego/Imperial County WIC Agencies



- SDSU Research Foundation
- American Red Cross
- True Care
- Scripps Mercy
- San Ysidro Health
- Clínicas de Salud del Pueblo



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



wicwork.ca.gov

# Meet the WIC Staff

- 1 Registered Dietitians
- 2 Degreed Nutritionists/Certified Nutrition Assistants
- 3 Lactation Educator Counselors/IBCLC's\*
- 4 Breastfeeding Peer Counselors\*





# Nutrition Education at WIC

**1** Group Classes

**2** Individual Counseling

**3** Telehealth





# Breastfeeding Support

- Breastfeeding Classes
- Breastfeeding Helpline
- Breast Pumps
- Highly Trained Staff
- Peer Counseling\*



# Infant Feeding

WIC helps families make an informed choice about infant feeding and provides supplemental formula when needed.



Source: USDA WIC Image Gallery



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



wicwork.ca.gov

# Healthy Foods



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



wicwork.ca.gov



Questions?



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



wicwork.ca.gov





**Thank you!**



Healthy Foods



Nutrition Education



Breastfeeding Support



Community Referrals



[wicwork.ca.gov](http://wicwork.ca.gov)



# THANK YOU

*for attending!*

