

Navy Region Hawaii
Wounded Warrior
**FAMILY
NEWSLETTER**



November 2013



NATIONAL NEWS



CARING FOR CAREGIVERS

By DARIO SANTANA, FAMILY PROGRAMS & CHARITABLE RESOURCES COORDINATOR
NAVY WOUNDED WARRIOR – SAFE HARBOR

The holidays are rapidly approaching, and many people can become stressed or depressed during this season. Caregivers must take time for themselves and develop a contingency plan to enact when stress levels start to rise.



Santana speaks with panelists during the Navy Region Southwest Wounded Warrior Family Symposium.

When I spoke at Navy Wounded Warrior – Safe Harbor’s recent Navy Region Southwest Wounded Warrior Family Symposium, I shared the following analogy. While en route to the event, I listened to a flight attendant share safety instructions. She mentioned that, in the event of an emergency, adult passengers should fasten their own oxygen masks before assisting their children.

As a parent, this seemed like a strange concept. I always have believed that my daughter’s needs should take priority over my own. I realized, however, that I cannot protect her if I do not also care for myself. The same is true for caregivers of wounded warriors. Resources to assist them are listed below:

- **Care for the Family Caregiver: A Place to Start** (<http://goo.gl/DvUFZt>): A booklet that discusses the many important and universal aspects of caregiving
- **Caregiver Stress** (<http://goo.gl/xuEDyV>): Web pages on [womenshealth.gov](http://www.womenshealth.gov) dedicated to various caregiving issues, including burnout and financial stress
- **Family Caregiver Alliance** (<http://goo.gl/8xjAAa>): Provides an interactive online guide for caregiving support programs in all 50 states
- **Hotels for Heroes** (<http://goo.gl/xUJdFl>): Provides hotel rooms to the families of wounded warriors receiving treatment at authorized medical centers when space at a Fisher House is not available
- **My HealthEVet** (<http://goo.gl/WwPlqj>): A caregiver assistance center with strategies for maintaining balance and advocating for a veteran

NOVEMBER IS WARRIOR CARE MONTH!

Help Navy Wounded Warrior – Safe Harbor honor the service and sacrifices of seriously wounded, ill and injured Sailors and Coast Guardsmen and their families!

Get involved!

[HTTP://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL/WARRIOR-CARE](http://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL/WARRIOR-CARE)



**NOMINATE A CHILD FOR THE
MILITARY CHILD OF THE YEAR
AWARD!**

Operation Homefront has announced that nominations for the Military Child of the Year Awards are being accepted online (<http://www.militarychildoftheyear.org/>) through Dec. 14. Winners will be recognized in April 2014.

The Military Child of the Year Award recognizes children who stand out among their peers. They demonstrate resilience, strength of character, and thrive in the face of the challenges of military life.

The award is presented to an outstanding child from each branch of service – Army, Navy, Air Force, Marine Corps and Coast Guard. The winners each receive \$5,000 and a laptop, and are flown with a parent or guardian to Washington, D.C., for a special recognition ceremony on April 10. In previous years, recipients have had the honor of meeting Chairman of the Joint Chiefs of Staff General Martin Dempsey and First Lady Michelle Obama.



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BELOW IS A SAMPLING OF ADDITIONAL NEWS AND RESOURCES AVAILABLE TO WOUNDED WARRIOR FAMILIES IN NAVY REGION HAWAII.

CHECK OUT THE GREAT LIFE HAWAII WEBSITE!

Great Life Hawaii is the new Joint Base Pearl Harbor-Hickam website for the Navy and Air Force service members, retirees and families who call Hawaii home. Users

can access the latest information about events on base, as well as countless resources related to youth camps, education assistance, mental health programs, financial planning assistance, and more. Those new to the area can find helpful links related to schools and housing, as well as base and facilities maps. Be sure to take time to visit www.greatlife-hawaii.com today!

CONNECT WITH CREDO HAWAII



CREDO is the acronym for the Chaplains Religious Enrichment Development Operation, a Chief of Navy Chaplains-sponsored relationship enrichment program established in 1971 to help improve job

performance and enhance quality of life for active-duty service members and their families. Each year CREDO hosts family and spiritual growth retreats across the country that help individuals develop their religious beliefs and find peace of mind. CREDO Hawaii plans a wide variety of events that would be beneficial to wounded warrior families in Navy Region Hawaii, including marriage enrichment weekends, personal growth retreats and father/son retreats.

To learn more, call 808-257-1919 or visit <https://www.facebook.com/HawaiiCREDO>.

MAKE SURE YOU ARE PREPARED!



Do you know what to do if an unexpected disaster or emergency strikes? Joint Base Pearl Harbor-Hickam can share resources and the latest news about emergencies on

the Straight Talk Line (808-421-4000) and the base's Facebook page (<https://www.facebook.com/JointBasePearlHarborHickam>). A wide variety of additional helpful resources are available online at <http://goo.gl/nqggLR>. Remember to stay informed and prepared!

COMMUNITY PARTNER SPOTLIGHT: HAWAII FI-DO SERVICE DOGS



Hawaii Fi-Do Service Dogs is a small nonprofit organization on the island of Oahu that breeds, raises and successfully trains assistance dogs that provide physical, medical and therapeutic support. The dogs are designated for people with challenges that are not associated with blindness, including seriously wounded, ill and injured service members.

In addition to providing service dogs, the organization also hosts therapeutic events, including post-traumatic stress disorder (PTSD)-specific events with dogs in training. Visit <http://www.hawaiifido.org/> or speak to your Navy Wounded Warrior – Safe Harbor representative to learn more.

ARE YOU AWARE ...

OF THE MANY SERVICES AVAILABLE TO ENROLLEES OF NAVY WOUNDED WARRIOR - SAFE HARBOR?

From adaptive athletics to a mentor program for transitioned wounded warriors, there is something for everyone! Learn more at

[HTTP://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL](http://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL)

GET CONNECTED TODAY!

<http://safeharbor.navalive.dodlive.mil>

