

FAMILY NEWSLETTER



November 2013



NATIONAL NEWS



CARING FOR CAREGIVERS

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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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REGIONAL NEWS



BELOW IS A SAMPLING OF ADDITIONAL NEWS AND RESOURCES FOR WOUNDED WARRIOR FAMILIES IN NAVY REGION MIDWEST.

LEARN ABOUT THE NEW PARENT SUPPORT HOME VISITATION PROGRAM



The challenges that accompany new parenthood can be plentiful for nearly every family. However, the families of seriously wounded, ill and injured service members may experience stress more acutely.

The New Parent Support Home Visitation Program (NPSHVP) was developed to assist military families in ways that friends and family do when you're back home. This program offers expectant parents, parents of newborns, and parents of young children through the age of three the opportunity to learn new skills as parents and to improve old ones in the privacy of your own home. At various times, different opportunities are offered, such as Play Group, Infant Massage and Welcome to Pregnancy.

NPSHVP can help you:

- Cope with stress
- Manage the additional physical and emotional demands of parenting, due to separation and deployment of a service member
- Nurture children to promote growth and development
- Answer questions about everyday challenges of parenthood
- Locate local services and resources that help parents with young children

For more information, contact the local NPSHVP at:
Fleet and Family Support Center
Building 26
Naval Station Great Lakes
847-688-3603 ext. 175, ext. 176 or ext. 177

CHECK OUT MILITARY FAMILY ASSISTANCE CENTERS



When a loved one is deployed, the entire community of family members, friends and neighbors is affected. Local Military Family Assistance Centers (FACs) are available to help. FAC personnel understand that uncertainty and separation can create high levels of stress and anxiety.

Military FACs were established to provide confidential assistance to the families of service members grappling with the many issues that surface during deployment. Military FACs share resources service members and their families may use before, during and after a deployment, including materials explaining various entitlements and benefits, connections to local family support groups, the latest news on youth activities, and more.

Services are available to all service members called to active duty, as well as their families. No military personnel or family members will be turned away from a Military FAC.

If you need help, contact a Military FAC 24 hours a day, seven days a week at **800-292-9464** (select option three). You also can contact a local Navy Wounded Warrior – Safe Harbor representative at **224-610-8605**.

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



GET CONNECTED TODAY!

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

