

Naval District Washington  
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 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.



## REGIONAL NEWS



*BELOW IS A SAMPLING OF ADDITIONAL NEWS AND RESOURCES FOR WOUNDED WARRIOR FAMILIES IN NAVAL DISTRICT WASHINGTON.*

### LEARN ABOUT THE WRNMMC GLEN HAVEN PLAY GROUP

Among the benefits offered to seriously wounded, ill and injured service members recovering at Walter Reed National Military Medical Center is the Glen Haven Play Group. A joint venture between the Navy's Fleet and Family Readiness Program and

the Army, the play group meets every Wednesday 9:30 - 10:30 a.m. for children under the age of two, and 10:30 - 11:30 a.m. for children over the age of two. The play group takes place at the Balfour Beatty Community Center – Glen Haven. Activities include crafts, free play and basketball. For information, call **301-619-0323**.

### TAKE PART IN CREDO ACTIVITIES

The Naval District Washington CREDO (Chaplains Religious Enrichment Development Operation) program has been revitalized and is now offering several upcoming retreat dates. The retreats give participants an opportunity to share their stories

and support each other. They include marriage enrichment retreats and personal resiliency retreats. All retreats are free and include lodging and meals.

All CREDO retreats are open to all active-duty military personnel and their immediate family members, as well as members of Reserve components in an active status and their immediate family members. These retreats can be especially helpful to the families of seriously wounded, ill and injured service members. For more information about the Naval District Washington CREDO program and pre-registration, call **202-767-5902** or **202-767-5900**.

### WOUNDED WARRIORS TO PARTICIPATE IN THE ARMY-NAVY GAME



Once again, the Travis Manion Foundation has invited wounded warriors to participate in the 2013 Army - Navy Game in Philadelphia this year. Details will be forthcoming. During the past two years, the nonprofit organization has generously hosted seriously wounded, ill and injured service members from both the Navy and Marine Corps at the game.

### CHECK OUT THE WOUNDED WARRIOR MENTOR PROGRAM

The Navy Wounded Warrior – Safe Harbor program in Naval District Washington has developed a closer working relationship with The Wounded Warrior Mentor Program. It is a nonprofit organization operating with the approval of the Warrior Transition Command and the Department of Defense. The program is staffed by a group of retired naval officers and senior enlisted personnel from all services and communities, many of whom have been in combat operations. It focuses on areas such as education and jobs and internships. Navy Wounded Warrior – Safe Harbor enrollees have shared very positive feedback about the services the organization has offered and the relationships it builds. Learn more at the Wounded Warrior Mentor Program website (<http://wwmp.us/>) or by contacting Jon Dodson at [jbdodson@aol.com](mailto:jbdodson@aol.com).

#### 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.navylive.dodlive.mil>

