

Navy Region Northwest
Wounded Warrior
**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 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 AVAILABLE TO WOUNDED WARRIOR FAMILIES IN NAVY REGION NORTHWEST.

GET INVOLVED IN THE NEW SPOUSE'S GROUP!

Serious illness and injury often result in many major life changes – both for a service member and his or her loved ones. Few people can comprehend the struggles, triumphs and stress the family of a wounded warrior experiences

along the the road to recovery.

Navy Wounded Warrior - Safe Harbor personnel located in Navy Region Northwest are establishing a spouse support group that will serve as a local support network for wounded warrior families. The kick-off meeting will take place Nov. 8, and everyone who has expressed an interest in participating will receive a telephone call or email from Lt. Chad Hutchins with details on the meeting. If you are interested in this opportunity and have not communicated with Lt. Hutchins, please contact him at **360-475-4679**.

Get involved and enjoy interactions with people who understand the true nature of life as a spouse of a seriously wounded, ill or injured service member.

PERSONNEL UPDATE!

Senior Chief Edward Garcia, who served as a non-medical care manager throughout the Northwest Region, has retired from active-duty service. He is now serving Navy Wounded Warrior – Safe Harbor as a civilian contractor, working as the region's recovery care coordinator. He can be reached at **360-475-4679**. He is very excited to continue his work on behalf of seriously wounded, ill and injured Sailors and Coast Guardsmen.

MARK YOUR CALENDAR! UPCOMING EVENTS IN THE REGION



During November, Navy Wounded Warrior – Safe Harbor personnel will staff booths displaying helpful informational materials at the following events. Please be sure to stop by, meet the local staff, and learn more about the many services the program provides seriously wounded, ill and injured service members and their families.

- Nov. 15: Heroes Welcome Individual Augmentee Appreciation event; 1-3 p.m. in Bangor Chapel. *Come show your gratitude for past, present and future Individual Augmentees stationed in the area!*
- Nov. 21: Naval Base Kitsap's Turkey Trot (5K) at 11:30 a.m. at Bangor Fitness Center. *Enjoy the fun and festivities in advance of Thanksgiving!*
- Nov. 23: Returning Warrior Workshop; 8 a.m. - 4 p.m. in Seattle. *The workshop provides a safe, relaxed atmosphere in which to identify and address potential issues that may arise when a recently deployed Sailor reintegrates into his or her community. If you want to learn more about the event, contact Cynthia Miller at cynthia.d.miller@navy.mil or 425-304-3876.*

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>

