

Navy Region Southwest
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 FOR WOUNDED WARRIOR FAMILIES IN NAVY REGION SOUTHWEST.

SAFE HARBOR STAFF SPOTLIGHT: CAL ROBINSON

Cal Robinson is Navy Wounded Warrior – Safe Harbor’s first regional transition analyst. Based in Navy Region Southwest and operating out of Naval Medical Center San Diego, Robinson provides support to seriously wounded, ill and injured Sailors and Coast Guardsmen in the area who are transitioning out of the military. A Navy veteran who struggled to find employment after retiring from military service, Robinson has firsthand knowledge of the many challenges wounded warriors and their families face at the conclusion of their military careers.

Since joining the Navy Wounded Warrior – Safe Harbor team in May, Robinson has supported about 40 program enrollees. He has successfully obtained financial assistance for at least six wounded warriors and their families, which spared some from home evictions and paid for others’ important medical needs. He has connected the vast majority of his cases with job assistance programs, ensuring they have resume writing and job interview support. He also has coordinated with local Department of Veterans Affairs representatives to help secure higher disability ratings and various benefits for a number of enrollees. In addition, he has involved 32 wounded warriors in the Navy Wounded Warrior – Safe Harbor Anchor Program, a mentorship program for wounded warrior veterans.

“Wounded warriors know they can pick up the phone at any time of the day or night and get in touch with me,” said Robinson. “I have a real passion for this work, and I consider myself connected to these enrollees. I understand the needs they have, and I consider each and every one of them my brothers and sisters.”

Robinson can be contacted at **619-532-7258** or calloway_robinson.ctr@navy.mil.

LEARN ABOUT SCHOOL LIAISON OFFICERS



The school liaison officer’s primary function is to serve as a conduit among parents, educators and the command so that military-connected children experience a seamless transition during the transfer between schools. Most military children move up to nine times in their PreK-12th grade years, and consistency and retention of educational goals are a major focus for families when planning to PCS. The school liaison officers can offer information on area schools and help facilitate communication to the military family on matters relating to regional public and private schools, as well as home schooling and other alternative modes of education.

The school liaison officer provides information and resources for military families on internal organizations including, but not limited to, Fleet and Family Support Programs (FFSP), Exceptional Family Member Program (EFMP), Child and Youth Programs (CYP) activities, as well as some external organizations, such as the Armed Services YMCA, Military Family Collaborative, and Navy-Marine Corps Relief Society.

Learn more about San Diego school liaison officers at <https://www.facebook.com/sandiegoschoolliaison> or <http://goo.gl/IEkCAQ>.

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>

