

# FAMILY NEWSLETTER



March 2014



## NATIONAL NEWS



### SIGN UP FOR SUMMER CAMP NOW!

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

Spring is the best time to begin searching for summer camps that your children might like to attend. Keeping children busy during school vacation can be a difficult task, especially for the families of wounded warriors, who are consumed with many more pressing tasks. The resources outlined below may help alleviate some of the stress that can accompany summer scheduling.



Children from military families enjoy adventures at Operation Purple Camps.

Camps designed specifically for military children can be particularly enriching for wounded warrior families. There, children can connect with others just like them. The camps bring together children from all ranks and services, and provide a unique and memorable summer camp experience. Check out these great opportunities:

- **Camp Corral:** This camp offers a week of non-stop fun and excitement in the great outdoors for military children ages 8 through 15 (with a special focus on the children of wounded warriors). Visit [www.campcorral.org](http://www.campcorral.org).
- **Boys & Girls Club Camps:** Many Boys & Girls Club chapters offer summer camps for local children. Visit [www.bgca.org](http://www.bgca.org).
- **Military Teen Adventure Camps:** The Department of Defense's Office of Family Policy partners with several universities to offer Teen Adventure Camps for military children ages 14 to 18. Visit [bit.ly/1hah2lJ](http://bit.ly/1hah2lJ).
- **Operation Purple Camps:** These camps offer a free week of summer fun for military kids whose parents have been, are currently or will be deployed. Visit [bit.ly/1lwaeBy](http://bit.ly/1lwaeBy).
- **Other Resources:** Check out the online Summer Camp Directory at [www.camppage.org](http://www.camppage.org) or find local programs at [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil).



### APRIL IS THE MONTH OF THE MILITARY CHILD

Navy Wounded Warrior (NWW) – Safe Harbor joins the Department of Defense and the entire military community in celebrating April as the Month of the Military Child. Military children face many special challenges, such as having a deployed parent or moving frequently. April is a time to recognize their accomplishments and resilience.

In particular, the children of wounded warriors often face taller hurdles than other children. Their family dynamic is forever changed after their loved one is injured or diagnosed with a serious illness. They, too, have to heal, and to find a new normal.

NWW provides assistance to wounded warrior families, including children. From connecting them to scholarships and camps, to sharing mental health resources and literature on coping strategies, NWW is ready to help.

Learn more about the Month of the Military Child at [www.monthofthemilitarychild.org](http://www.monthofthemilitarychild.org).



NWW is pleased to welcome its new director,  
Capt. Brent Breining!

He is looking forward to assisting NWW enrollees  
and their families and caregivers.

Visit <http://safeharbor.navylive.dodlive.mil> to learn more about him!



# Wounded Warrior Family Newsletter

March 2014



## REGIONAL NEWS



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

### LOCAL YOUTH PROGRAMS AVAILABLE



*Participants test new skills during a SKIES Unlimited martial arts class.*

The Fort Detrick Silver Springs School Age Center, which is located less than seven miles from Walter Reed National Military Medical Center, offers free registration for afterschool amenities, including state-of-the-art gaming systems, brand-new toys, homework help, and a computer lab. The center is

open at convenient hours throughout the week. Additionally, service members should consider signing up early for the Fort Detrick School Age summer program. Please call the Parent Central Office at **301-295-7548**. The Center is located at 1927 McMahon Road, Building 130 in Silver Springs, Md.

The SKIES Unlimited program at Child Youth & School Services Forest Glen – which also is a short drive from Walter Reed National Military Medical Center – offers multiple activities, including yoga and martial arts. Yoga costs \$65, is available to military children ages 3-5 and 5-10, and will begin Monday, June 10 (please register by June 3). Martial arts are offered through the Bartman MMA Brazilian Jiu-Jitsu team for \$60. Instructors use a positive feedback approach to learning, helping children gain self-focus and self-discipline in a safe and fun atmosphere. For information on either course or other opportunities, please call **301-295-7540**.

#### 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**

### NAVAL DISTRICT WASHINGTON STAFF SPOTLIGHT

BY CMDR. DANTE TERRONEZ, NWW REGIONAL DIRECTOR



*Beal provides top-notch support.*

NWW Recovery Care Coordinator Jeannine Beal, who is located at Walter Reed National Military Medical Center, has been doing great work with recovering service members and their families. She recently was assigned a case in which a recovering service member would soon transition from military service, and she traveled to the family on several occasions

to ensure they had a quality Comprehensive Recovery Plan (CRP) and understood how to use it. The families she assists ultimately enjoy a smooth transition through the medical retirement process because of her efforts.

Beal also recently traveled to New Jersey to conduct a CRP review with a medically retiring Coast Guard chief. Coast Guard cases are very different than Navy cases, but Beal educated herself on the differences and even arranged for a Coast Guard non-medical care manager, Chief Trini O'Con from Navy Region Mid-Atlantic, to be on the phone while she conducted the CRP review with the enrollee. The chief was very appreciative of the visit and extra efforts. It's a great example of how the Naval District Washington team works together to care for the enrollees and families we are privileged to serve. Beal can be reached at **jeannine.l.beal.ctr@health.mil** or **301-400-0147**.

### HELPFUL RESOURCE: WORK VESSELS FOR VETERANS

Work Vessels for Veterans assists retired or separated service members pursuing civilian careers or higher education by gathering and distributing the necessary tools, equipment and know-how. Founder John Niekrash has been very supportive of Navy veterans, and last December his organization provided a customized guitar to a combat-wounded double amputee so he could pursue recreational therapy. Learn more at **www.workvesselsforveterans.org**.

GET CONNECTED TODAY!

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

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