

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.
- **Boys & Girls Club Camps:** Many Boys & Girls Club chapters offer summer camps for local children. Visit 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.
- **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.
- **Other Resources:** Check out the online Summer Camp Directory at www.campage.org or find local programs at www.militaryinstallations.dod.mil.



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!



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.



Wounded Warrior Family Newsletter

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REGIONAL NEWS



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

eKNOWLEDGE OFFERS SAT AND ACT PREP FOR NAVY FAMILIES



Do you have a family member who is preparing for college entrance exams? The Navy's eKnowledge program offers SAT and ACT PowerPrep programs for less than \$20. The programs are available online or on a single DVD. The programs include more than 11 hours of video instruction and 3,000 files of supplemental test preparation materials, such as interactive diagnostic tools, sample questions and practice tests. Students select the training they need, and study and their own pace. To get started, or to learn more, visit www.eKnowledge.com/USNavy or call 951-256-4076.

LOCAL EMPLOYMENT SUPPORT RESOURCES



Learn about jobs available to veterans and military spouses!

Are you facing a transition out of military service? Are you a wounded warrior spouse searching for employment? The helpful local resources listed below can put you on a path to success.

- **Fleet & Family Readiness Jobs:** Visit www.navylifepnw.com/site/140/Job-Openings.aspx to learn about Non-Appropriated Fund (NAF) job opportunities. Veterans and military spouses receive preference.
- **Helpful Courses:** Create or polish your resume at a Resume Writing Basics class in Bangor March 26. Visit www.navylifepnw.com to view monthly employment-related events in the local area.

WOUNDED WARRIOR FAMILY SYMPOSIUM HIGHLIGHTS KEY ISSUES



Owens (middle) is named 2013 Warrior of the Year.

NWW hosted the inaugural Navy Region Northwest Wounded Warrior Family Symposium at Naval Base Kitsap Feb. 24. The goal of the event was to hear directly from the families of NWW enrollees about their experiences – their ups and their downs – since learning of their loved one's illness or injury. The symposium consisted of two panel discussions. The

first panel included active-duty service members and their caregivers, and the second panel featured retired service members and their caregivers. The panelists shared inspirational stories and talked about the medical and non-medical hurdles they have faced. Their feedback will result in improvements to NWW's policies and practices.

During the event, retired Coast Guard Lt. Cmdr. Anthony Owens was presented the 2013 Warrior of the Year award from the Navy Safe Harbor Foundation. Owens, who suffers from Amyotrophic Lateral Sclerosis (ALS), personifies the term "warrior" by demonstrating bravery and determination while facing a formidable disease.

Many of the symposium panelists and attendees took part in a local adaptive athletics event on Feb. 23. They were introduced to SCUBA by representatives from a nonprofit organization, Hearbeat for Warriors. Morale, Welfare and Recreation (MWR) personnel also hosted a variety of wellness activities at Naval Base Kitsap.

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>

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