

FAMILY NEWSLETTER



May 2014



NATIONAL NEWS



SYMPOSIUMS SHINE A SPOTLIGHT ON CAREGIVERS

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



Caregivers share stories at the Navy Region Northwest Wounded Warrior Family Symposium.

Military caregiving is a job that too few Americans understand; in some cases, it requires abandoning previous careers and countless plans for the future. It is very often a lifelong commitment. It requires determination and flexibility. Combined, military caregivers save taxpayers \$3 billion each year.

Navy Wounded Warrior – Safe Harbor wants to learn more about the struggles faced by families and caregivers of wounded warriors. In recent months, we have hosted two Wounded Warrior Family

Symposiums in the Northwest and Southwest regions. At the events, the families of enrollees share details about their experiences, and their feedback helps us shape our family and caregiver services. We are looking forward to the lively discussions that are sure to take place at the next symposium in July in Jacksonville, Fla. To learn more about these events, please contact your non-medical care provider.

Additionally, the Office of Warrior Care recently added a caregiver resources page to its blog (<http://warriorcare.dodlive.mil/caregiver-resources/>), which includes information about a host of resources and government benefits. The office also has partnered with Military Community and Family Policy and the Military Families Learning Network to launch a new Caregiver Support curriculum. Monthly webinars will be held covering key topics critical to caregivers. Learn more now (<http://blogs.extension.org/militaryfamilies/>)!



In September, family members from around the country will attend the 2014 Warrior Games in Colorado Springs. This once-in-a-lifetime opportunity is provided to families by the Fisher House Foundation, Hero Miles, and the Bob Woodruff Foundation. These families will cheer on their Sailors and Coast Guardsmen who are representing Team Navy and competing against the other services. At Navy Wounded Warrior – Safe Harbor, we have found family support to be crucial to the recovery, rehabilitation and reintegration of wounded warriors. Learn more about the Warrior Games at <http://safeharbor.navylive.dodlive.mil/transition/adaptive-athletics/>.



A LETTER FROM LEADERSHIP

Since taking the helm at Navy Wounded Warrior –

Safe Harbor in March, I have been focused on ensuring that the families and caregivers of our enrollees receive essential support and resources. According to a recent study from the RAND Corporation (<http://tinyurl.com/kcqunzy>), approximately 1.1 million Americans care for ailing or disabled veterans of the Iraq and Afghanistan wars – some who were wounded on the battlefield, and some who acquired a serious illness or injury while on duty. As you well know, military caregiving is a 24-hour, labor-intensive job that often cannot be filled outside the home. You are the hidden heroes of the military and an essential element for the successful recovery and reintegration of your loved ones.

We are committed to assisting families like yours with critical needs, from securing benefits, to linking spouses to employment opportunities, to identifying scholarships for children. This newsletter is another way we hope to connect with you, providing information about useful national and local resources. You have our endless gratitude and admiration for the difficult job you do each and every day.

Sincerely,
Capt. Brent Breining



Wounded Warrior Family Newsletter

May 2014



REGIONAL NEWS



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

LT. MICHAEL SANCHEZ JOINS THE NDW NWW TEAM

The Navy Wounded Warrior (NWW) – Safe Harbor NDW staff is pleased to welcome Lt. Michael Sanchez to the team. He is the newest NWW non-medical care manager at Walter Reed National Military Medical Center. Sanchez, a native of Miami, joined the Navy in August 2007. Most recently, Sanchez completed a sea tour on USS Seawolf (SSN 21). During his tour, he earned his gold dolphins and completed the Prospective Nuclear Engineering Officer course. During the final year of his tour, Sanchez completed five missions vital to national security. Already, he is aggressively working to advocate for the NWW enrollees in his care. His office telephone number is **301-295-2201**, his cell phone number is **305-989-3302**, and his email address is **michael.a.sanchez@health.mil**.

GET CONNECTED TO THE WOUNDED WARRIOR MENTORING SERVICE



Deloitte provides mentoring to wounded warriors preparing for employment.

The NWW NDW team has partnered with Deloitte to give recovering service members better access to the company's Wounded Warrior Mentoring Organization (WWMO). Since April 2011, the WWMO has been committed to preparing wounded, ill and injured service members for employment or education through professional mentorship. Started by a group of young veterans who made the transition themselves from active-duty to civilian employment, the WWMO currently consists of more than 120 practitioners, many with military experience. On June 6, the WWMO will host an IMPACT Day event at Walter Reed National Military Medical Center that will focus on interviewing technique development. For more information, please contact your NWW NDW non-medical care provider.

OPERATION CHAMPS NOW AVAILABLE AT BETHESDA



Operation Child Heroes Attached to Military Personnel (CHAMPS) is a new service available at Naval Support Activity Bethesda. Found-

er and Chief Executive Officer Jennifer E. Fink has long dedicated herself to providing safe and secure child care to service members and their children.

Operation CHAMPS provides free CHAMPsitting services to military families, providing them a critical respite opportunity while their children enjoy fun activities with responsible caregivers. Whether they need child care coverage while attending a medical appointment or simply a night out, the CHAMPS Campus Corps provides reliable sitters who are screened and trained to ensure a safe and fun environment.

On a larger scale, Operation CHAMPS has initiated a campaign to cultivate an attitude of gratitude toward military families, both locally and nationwide. The organization also works to raise awareness and cultural understanding to bridge the gap between the military and civilian worlds.

For more information, contact Operation CHAMPS at **info@operationchamps.org** or visit **https://www.operationchamps.org**. You also may wish to contact N95 Regional Director Dante Terronez at **301-319-8165** or your family's NWW non-medical care provider for additional details and related resources.

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

GET CONNECTED TODAY!

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

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