

# 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/kcquzny>), 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 NAVY REGION SOUTHEAST.*

### CHECK OUT SOME USEFUL RESOURCES FOR MILITARY KIDS



*Summer camps can be an enriching experience for military kids.*

4-H Military Partnership, which is headquartered at the U.S. Department of Agriculture, has established formal partnerships with Army Child, Youth and School Services, Air Force Airman and Family Services, and Navy Family Readiness to support positive youth development education for youths whose parents are serving in the military. It recently released its 2014 military kids camp guide, which features a wealth of information

on recreation opportunities state-by-state ([www.4hmilitarypartnerships.org/p.aspx?tabid=217](http://www.4hmilitarypartnerships.org/p.aspx?tabid=217)).

Also, enrollee families are encouraged to learn more about the Wings Over America Scholarship Foundation, which provides college scholarships to dependent children and spouses of all Navy personnel who served within Naval Air Forces ([www.wingsoveramerica.us/](http://www.wingsoveramerica.us/)).

In addition, Our Military Kids provides grants to children of all wounded warriors (National Guardmen, Reservists, and active-duty) for sports, fine arts, camps, and academic tutoring programs. These activities help nurture and sustain the children during a parent's lengthy recovery and/or rehabilitation ([www.ourmilitarykids.org/how-we-help-families/wounded-program/](http://www.ourmilitarykids.org/how-we-help-families/wounded-program/)).

Have You Heard?

#### The Military Spouse Employment Partnership

is an interactive website that connects military spouses with employers seeking the essential 21st century workforce skills and attributes they possess:

[HTTPS://MSEPJOBS.MILITARYONESOURCE.MIL](https://msepjobs.militaryonesource.mil)

### GET PREPARED: HURRICANE SEASON



*Sailors clean up in the aftermath of a hurricane. Make sure your family is prepared!*

The 2014 Atlantic hurricane season will officially kick off June 1 and end on Nov. 30. It's never too early to prepare your family.

Make sure your information is updated within NFAAS (<https://navyfamily.navy.mil/>). Navy families are transferred often and sometimes the paper trail doesn't follow them very quickly. If you haven't signed into NFAAS and reviewed your information recently, it's probably a good idea to do that as soon as possible. (You are required to do it every six months at a minimum.) You need to check in with NFAAS if a hurricane strikes and you are evacuated.

You also would be wise to assemble a hurricane kit. Once a hurricane hits, you won't have time to shop or search for supplies. However, if you have gathered supplies in advance, your family can endure an evacuation or home confinement. There are six basic items you should stock in your home: water; food; first-aid supplies; clothing and bedding; tools and emergency supplies; and special items. Keep the items that you would most likely need during an evacuation in an easy-to carry container.

For additional information, visit the Naval Safety Center website ([www.navy.mil/local/nsc/](http://www.navy.mil/local/nsc/)) and check out this helpful blog post: <http://navylive.dodlive.mil/2012/08/24/hurricane-preparedness/>.

#### 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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