

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 SOUTHWEST.

CREDO SOUTHWEST OFFERS HEALTHY MARRIAGE RETREATS



Navy Wounded Warrior (NWW) – Safe Harbor Southwest has a strong relationship with the regional Chaplains Religious Enrichment Development Operation (CREDO) program, which offers many resources that improve the mental and spiritual well-being of wounded warriors. The Marriage Enrichment Retreat (MER) is among CREDO Southwest’s most critical services.

Fifty-six percent of all active-duty service members are married, and healthy marriages are vital to maintaining a strong, mission-ready military. The challenges of active military service can result in extreme pressures on marital relationships. This is especially true of seriously wounded, ill and injured service members, who have experienced a major life change that may require a great deal of care and flexibility from their spouse.

CREDO’s MER directly addresses these pressures by giving married couples the tools and understandings they need to deepen intimacy and to strengthen their marital friendship. The MER is not group therapy. It’s an all-expenses-paid weekend away from the pressures of daily life to reconnect with your spouse in a fun, relaxing and romantic setting. The program begins on a Friday evening and continues through Sunday at noon. A variety of topics are covered, including understanding and appreciating your differences; building good communication skills; learning how to have productive conflict; and supporting one another’s hopes and dreams. To learn more, email sdns_credo@navy.mil, visit www.cnic.navy.mil/regions/crnswo/credo.html, or call 858-268-2250. You may also contact your NWW non-medical care provider with questions.

CREDO marriage retreats help military couples reconnect.

GET A “HEALTHY START” IN SAN DIEGO!



NWW Southwest is connecting enrollee families to the Healthy Start Military Family Resource Center (HSMFRC), a collaborative effort between local schools, the military, and a variety of public and private agencies to assist military families in San Diego County. The organization provides confidential, safe, coordinated services that encourage improved development, academic and social outcomes for children, and a positive quality of life for their families.

At the HSMFRC, military kids and families can find an array of resources that are both universal and specific to military life. The facility offers a safe space to share, make new friends, and gain new parenting skills and support – where kids can be kids, parents can be parents, and families can find a sense of community. The facility hosts book clubs, holiday celebrations, parenting workshops and more.

The HSMFRC is open all active-duty, Reserve and National Guard service members and their families, regardless of rank. Information and referral services are available to separated and/or retired military personnel and their families. The facility is located at 3487 Santo Road in San Diego and can be reached at 858-496-0044. Additional information is available at www.saysandiego.org/ programs. You may also contact your NWW non-medical care provider with questions.

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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