

Wounded Warrior FAMILY NEWSLETTER



November 2014



NATIONAL NEWS



WARRIOR CARE MONTH 2014: A SHOW OF STRENGTH



November marks Warrior Care Month, a time to recognize wounded warriors – and those who care for them – for their service, sacrifices and achievements. This year's theme is "A Show of Strength," and it recognizes the fortitude that these men and women exhibit along the journey to recovery.

Each day, wounded warriors demonstrate strength in ways large and small – from pushing themselves during a grueling physical therapy session, to attending a class to acquire new skills, to asking for help when they need emotional support. In addition, their families and caregivers embody strength – they provide tireless support to their loved ones, often at great personal expense. Theirs is a round-the-clock, often thankless, job that requires true grit and determination, as well as extensive reserves of patience and love. They are heroes, too.

Navy Wounded Warrior (NWW) – Safe Harbor serves as a conduit to these families and caregivers. It connects with critical resources, including Families Overcoming Under Stress, Navy Child and Youth Programs, Military OneSource, the Joint Forces Peer-to-Peer program, and more. Additionally, it ensures that family members are fully considered in a service members' recovery plans. Their goals – from employment aspirations to relocation to a new home – are reflected in the Comprehensive Recovery Plans developed by NWW personnel. Addressing those goals is essential to keep military families intact.

This year, Warrior Care Month kicked off during the last week in October with an All-Navy message from Secretary of the Navy Ray Mabus, and events honoring wounded warriors and their families will take place throughout the month. Please check with your NWW non-medical care team for more information about local events and resources. Please also follow NWW on Facebook (www.facebook.com/navysafeharbor) for the latest news.



Military leadership, as well as a wounded warrior and his daughter, celebrate Warrior Care Month at a special observance event Nov. 3 at the Washington Navy Yard.



A LETTER FROM LEADERSHIP

Naval District Washington recently hosted our third regional Wounded Warrior Family Symposium at Walter Reed National Military Medical Center, and, as usual, it was an incredibly insightful and enriching event. I am sincerely grateful to the panelists who generously shared their experiences – both good and bad – which will help us better support future wounded warriors and their families.

Once again, I was struck by how few enrollees were aware of NWW prior to their illness or injury. Though we have made great strides in awareness since the program aligned with Navy Fleet and Family Readiness two years ago, there is still more to do.

Warrior Care Month is a time to honor our wounded warriors, but it also is an opportunity to raise awareness of the programs that support them – programs like NWW. Throughout November, NWW is executing an extensive marketing campaign to enhance the program's visibility. And you can help, too.

I urge you to take time this month to help us spread the word about NWW. Post about the program on social media, share brochures at your office, and discuss it with colleagues, neighbors and friends. Refer a service member you know who may need support. Word of mouth often is our most powerful tool. Recovery care is a partnership, and I appreciate your support.

Sincerely,
Capt. Brent Breining
NWW Director



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SCHOLARSHIPS FOR WOUNDED WARRIORS AND THEIR FAMILIES



The Fisher House Foundation offers three scholarship programs for military families. Its Scholarships for Military Children Program primarily is funded by manufacturers and suppliers whose products are sold at military commissaries, and

more than \$11 million has been awarded in 13 years. Its Heroes Legacy Scholarships Program specifically honors wounded warriors, and is funded by corporate sponsorships and private donations, as well as proceeds from a book penned by President Obama. Finally, its Scholarship for Military Spouses is administered by the National Military Family Association.

On Dec. 1, families can begin applying for these scholarships at <http://militaryscholar.org/>. Applications typically are accepted through February, and hard copies are available at commissaries. Next May, selected recipients will receive a letter and their names will be posted online.

In addition, the Navy Wives Clubs of America offers scholarships to the spouses and children of Navy and Coast Guard personnel. More information is available at www.navywivesclubsofamerica.org/scholarships/.

THE VETERANS CRISIS LINE: THE POWER OF ONE



Nov. 11 is Veterans Day – a day to honor all veterans from every branch of the military. For NWW, it's an opportunity to pay special tribute to those who have been seriously wounded, ill and injured while serving

their country. NWW is dedicated to providing a lifetime of care to these wounded warriors long after they retire from military service – connecting them with various resources to ensure they remain healthy and productive.

One such resource is the Veterans Crisis Line. It connects veterans in need, as well as their families and friends, with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online at www.veteranscrisisline.net, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. One person making one call can save the life of veteran who has lost hope and does not know where to turn.

You also can help spread the word about the Veterans Crisis Line by using #ThePowerOf1 or #VeteransCrisisLine in messages of support via social media.

MILITARY FAMILY MONTH



Retired Navy Aircrewman
Brett Parks and his wife.

November is Warrior Care Month, but it marks another special event, as well. Each year the president signs a proclamation declaring November as Military Family Month, a celebration led by the Department of Defense.

Throughout the month, military families serving around the world are honored through a variety of observances and recognized for the many contributions they make every day in support of the military and our nation. From family fun nights to fun runs, from shopping discounts to community dinners – there are a host of special recognitions to choose from. Contact your local MWR or Fleet and Family Support Centers to learn more about events scheduled in your area.

You also may want to send an e-card via the National Military Family Association to say thank you (www.militaryfamily.org/feature-articles/send-an-ecard-3.html) or listen to a Military OneSource podcast about respite care for caregivers (www.militaryonesource.mil/12038/MOS/Podcasts/respite-care-for-caregivers-oc.mp3).

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