

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



November 2015



WARRIOR CARE MONTH 2015: 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. Once again, this year’s theme is “A Show of Strength,” and it recognizes the fortitude that these men and women exhibit along their 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. There 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 them to critical resources, including Families Overcoming Under Stress, Navy Child and Youth programs, Military One Source, 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 keeping military families intact.

Please follow NWW on Facebook (www.facebook.com/navysafeharbor) for the latest news.



Navy Hospital Corpsman 3rd Class Jared Lenahan, retired Navy Lieutenant Chet Frith, Navy Fleet and Family Readiness Director Richard Kozlowski, retired Navy Hospital Corpsman 2nd Class Max Rohn and Navy Wounded Warrior -- Safe Harbor Director Capt. Brent Breining perform the ceremonial cake cutting during the Warrior Care Month Kick-off Event on Nov. 2 at the Washington Navy Yard.

FISHER HOUSE PROVIDES SUPPORT TO FAMILIES OF NICOE PATIENTS

Fisher House Number Three at Naval Support Activity (NSA) Bethesda is designated for the families of loved ones receiving treatment for traumatic brain injury and psychological health at the world-renowned National Intrepid Center of Excellence. Living under one roof allows the families of the patients to share common experiences. This type of family bonding also builds support groups and friendships that last long after the families and wounded warriors return home.

“I always tell guests, when their wounded warrior knows we are taking care of you, it helps them relax and move forward with their road to recovery,” said Michael D. Ybarra, Fisher House manager at NSA Bethesda, Home of the Walter Reed National Military Medical Center.



A LETTER FROM LEADERSHIP

Each year, November results in a flurry of activity at NWW locations across the country.



From Hawaii to Great Lakes, from San Diego to Norfolk, events recognizing Warrior Care Month are bringing together wounded warriors and those who support them.

At NWW headquarters in the National Capital Region, Warrior Care Month kicked off with a special ceremony featuring remarks from retired Lt. Chet Frith, an NWW recovery care coordinator who also suffers from post-traumatic stress disorder and a progressive lung disease. In the coming days, a local enrollee will participate in the second annual Healing Arts Expo at the Pentagon, showcasing the therapeutic power of artistic expression.

Later this month, wounded warriors will take part in a sitting volleyball competition at Pentagon Athletic Center, engaging in some friendly competition with other military services. These events are inspiring, enlightening and, perhaps just as importantly, fun! Visit NWW’s website or consult your non-medical care management team to get involved.

Sincerely,
Capt. Brent Breining
NWW Director

FROM THE EYES OF A CAREGIVER



Rodney Outlaw, proudly stands with his wife, Aviation Electronics Technician Airman Elaine Outlaw at Naval Medical Center San Diego.

In March of this year, Rodney Outlaw's wife was diagnosed with multiple sclerosis (MS), a disease in which the immune system eats away at the protective covering of nerves. Shortly after her diagnosis, Aviation Electronics Technician Airman Elaine Outlaw enrolled in NWW. Together, the Outlaws are now learning a new way of life. Rodney recently sat down with NWW representatives and spoke from the heart.

"Before all this happened I tried to work with social workers as a dependent, and I felt disconnected. When my wife got sick I would try to help her fill out forms online. I did not understand the forms and I did not know who to contact for help. When my wife met with her NWW non-medical care

manager, she made a point to make sure I was at the appointment, to go over the paperwork so I could better support my wife.

"NWW gave me a purpose and developed an organized plan for me to help my wife. They gave me contact information in case I had questions or problems, and I could call any time. I felt included and valued in the process of recovery for my wife. I did not understand how important I was in the recovery process, and my wife's care manager brought that to light. I can't thank her and the NWW team enough for that. Things are just better for the entire family with the help of NWW. Our kids are having less breakdown days and the home seems in order, as best as it can be, given our situation."

GETTING BACK TO WORK



Are you the spouse of a wounded service member who would like to explore your career options? Whether you are starting your first job, looking for new opportunities or returning to the workforce, the Fleet and Family Support Center (FFSC) can assist you.

There are many great services and resources available to you through FFSC, such as the Family Employment Readiness Program (FERP). This program provides no-cost consultations and services to assist family members during their job search. Dedicated professionals provide guidance on career planning, job search tools, resume writing, and interviewing techniques. They also can link you to a number of resources relative to education, training, employment readiness and networking opportunities.

Visit http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_employment.html to learn more.

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NOVEMBER RECOGNIZES MILITARY FAMILIES

Each year the president signs a proclamation declaring November as Military Family Month. This annual proclamation marks the beginning of a month-long celebration of military families and honors the commitment and sacrifices made by the families of our nation's service members. Family members often serve as caregivers to NWW enrollees and they are critically important to the recovery process. Without the selfless dedication of their caregivers, NWW enrollees, would not likely be so successful in rehabilitation and reintegration activities.

Throughout the month, a variety of observances and events will recognize families for their commitment and contributions they make every day in support of U.S. military personnel and our nation. Community leaders, businesses, military bases, and posts are teaming up to recognize military families through special events such as: open houses, fun runs, family fun nights, and community dinners; discounts at MWR facilities, local business and sporting events; and special recognition during community activities throughout the month of November. Contact your local Morale, Welfare and Recreation (MWR) office or Fleet and Family Support Center (FFSC)/ Family Services office to learn more about events scheduled in your area.