

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER

January-March 2020



HAPPY NEW YEAR

Happy New Year! Wishing all our wounded warriors and family members success in 2020.

Calling all Caregivers—Navy Wounded Warrior along with Navy Safe Harbor Foundation is planning three Caregiver Retreats for 2020. These events aim to bring together friends and family members who provide care and support to wounded, ill or injured service members. Military caregivers will have an opportunity to network and share personal stories. Attendees will participate in workshops designed to address their needs and challenges, try different therapies to manage stress, and build personal care and well-being. Contact susan.hieb@navy.mil if interested in attending. Planned caregiver retreats:

Washington DC area--28 FEB 2020
NAS North Island, San Diego--03 APR 2020
San Antonio, Texas--TBD JUL 2020

The Navy Mile



Navy Wounded Warriors participated in the Navy Mile on Pennsylvania Avenue in Washington DC on Sunday, October 2, 2019. The annual race is a community celebration, kicking off the US Navy birthday and supporting the Naval Sea Cadet Corps, Navy Safe Harbor Foundation and the United States Navy Memorial.

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Warrior Care Month-November 2019

On Nov. 5, 2008, then Secretary of Defense Robert F. Gates established November as Warrior Care Month as a “DoD-wide effort aimed at increasing awareness of programs and resources available to wounded, ill, and injured service members, their families, and those who care about them.”

The DoD, Military Services, and collaborating organizations annually use November to celebrate the strength and resilience of wounded, ill, and injured service members, their families and caregivers; spotlight warrior care resources and programs; and continue the dialogue regarding warrior care priorities.

In the spirit of celebrating these warriors and their families and raise awareness of the challenges faced by our wounded, ill and injured population, Navy Wounded Warrior hosted events across the country.

Navy Wounded Warrior Headquarters, at the **Washington Navy Yard**, hosted a 5K Run/Walk on Friday, November 1, 2019 to kick off “Warrior Care Month.” Below, Wounded Warriors line up to lead the 5K run.



Regional Highlights:



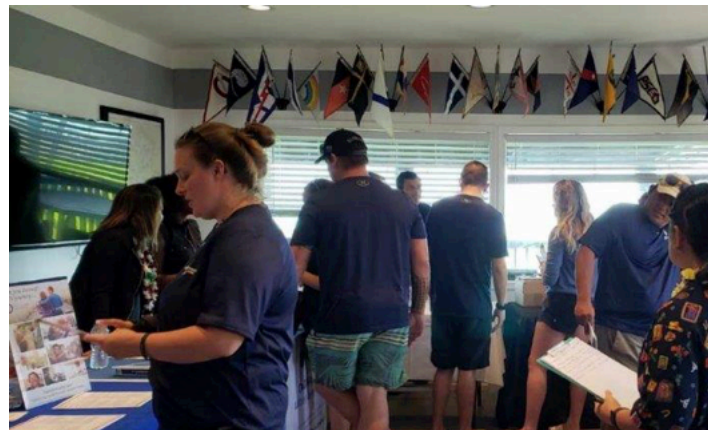
Navy Region Southeast hosted a RESET (Recreation, Education, Support, Employment, Transition) Event at NAS Pensacola, FL, November 1-3, 2019. Several organizations presented available services and wounded warrior enrollees were able to get information regarding their specific concerns. Families also attended and participated in recreational activities including a chartered dinner cruise on Pensacola Bay and a Night at the National Aviation Museum.



Navy Region Mid-Atlantic hosted a seated volleyball tournament at Naval Station Great Lakes attended by command leadership, wounded warriors and able-bodied service members who learned how to play the adaptive sport. The event brought awareness to the Navy Wounded Warrior mission and was a live demonstration of how wounded, ill and injured members must adapt to overcome challenges.



Navy Region Southwest hosted a Military Caregiver Workshop on November 19, 2019. Organizations shared resources available to caregivers of wounded, ill and injured service members.



Navy Region Hawaii hosted a RESET (Recreation, Education, Support, Employment, Transition) Event at Joint Base Pearl Harbor-Hickam November 13-14, 2019. Navy Wounded Warrior enrollees and families received information on support services from 14 presenters and were able to participate in outdoor water activities including sailing, kayaking, outrigger canoeing and fishing.



2019 Wounded Warrior of the Year

HM3 Jared Lenahan received the Navy Wounded Warrior of the Year award at the Navy Safe Harbor Foundation's Annual Veterans Day Luncheon on November 15, 2019. Petty Officer Lenahan suffered life-threatening injuries in 2014, and in the years following, endured countless surgeries and strenuous rehabilitation, spending two and half years in a wheel chair. Throughout his professional career, his personal endeavors, and his strict adherence to his clinical recovery plan, Petty Officer Lenahan continues to be an incredible example of the Navy's core values of Honor, Courage and Commitment. Due to his tenacity and dedication to his healing and recovery, he earned an invitation to participate in the Para-Climbing World Championship in Austria, 2018 and in France, 2019. As he transitions to civilian status, he hopes to build a rock climbing gym to teach and motivate others with physical challenges. Congratulations and best wishes to Jared as he begins a new adventure.

*HM3 Jared Lenahan, Wounded Warrior of the Year,
Ms. Heidi Weller, Navy Safe Harbor Foundation,
Ms. Jeannine Beal, Navy Wounded Warrior Recovery
Care Coordinator.*

Noteworthy:

LT Andre Squazza, dedicated NWW Non-Medical Care Manager in Navy Region Northwest for the past three years, is retiring from Navy this year after 20 years of active service. We wish him "Fair Winds and Following Seas."

RESOURCES:

Browse the VA App Store to view dozens of apps meant to provide extra support at <https://mobile.va.gov/appstore/>. Here is a sample for your consideration:



Mood Coach: boost your mood through positive activities



Moving Forward: Tools to keep you moving forward during times of stress



PTSD Coach: Get the info, support and tools you need to manage PTSD

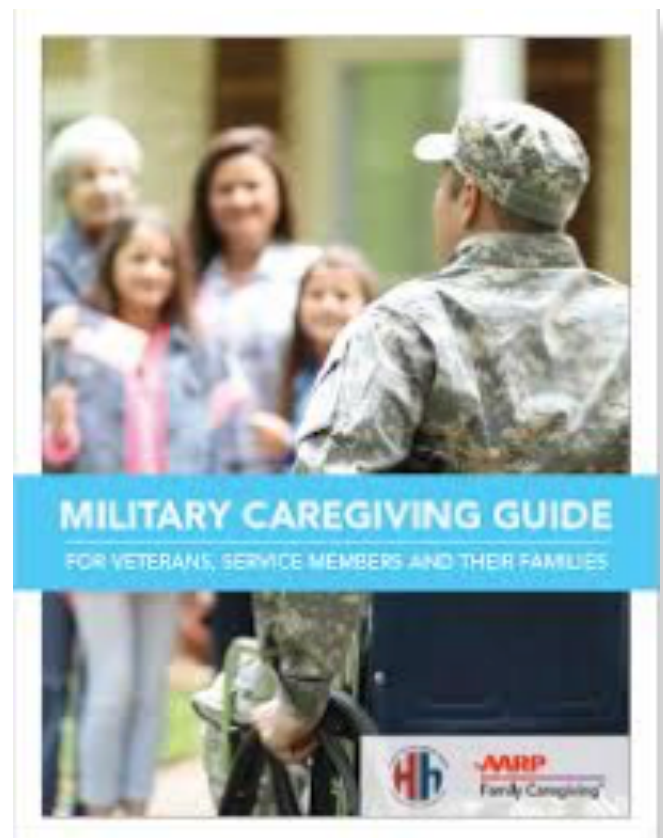


Mindfulness Coach: Be in the moment. Learn mindfulness to reduce stress



PTSD Family Coach: Support and tools for those living with someone who has PTSD

AARP (Association of American Retired Persons) is not just for retirees! AARP provides resources to help veterans, military and their families at www.AARP.org/Veterans. Caregivers can download or order AARP's Military Caregiving Guide complete with tips, resources, and where to find help including charts and checklists to keep you organized.



RESOURCES:



SPOUSE EDUCATION & CAREER OPPORTUNITIES

Make college more affordable by using MySECO's Scholarship Finder to search through more than 90 scholarships carefully chosen just for military spouses and family members. Browse the database of financial resources offered to make paying for college fast and easy.

Start now at <https://myseco.militaryonesource.mil/Portal/SpouseProfile/SpouseFundingSources/Search>.



The MyNavy Family application is the first tool by the US Navy developed for navy spouses and Sailors' families that combines authoritative information from more than two dozen websites into a single, convenient application. Information and resources cover a wide variety of topics within the following categories:

New Spouse

Mentorship & Networking

Employment & Adult Education

Family Financial Planning

Parenthood

Special Needs Family Support

Moving and Relocation

Service Member Deployment

Emotional Support Service

Recreation, Lodging, Shopping & Travel

Family Emergencies

Transition & Retirement

Parents & Family Members of Sailors

Survivors Resources

Download the App on Google Play App Store, Apple iTunes App Store, or applocker.navy.mil