



HAPPY NEW YEAR!

New Year is the time when we all want to start on a good note. It is the time to wish each other that the coming year is filled with happiness and success. It is the time to start fresh and let go of any negativities accumulated in the previous year. The New Year is an opportunity to set new aspirations, hopes and desires!

BE YOUR BEST SELF IN 2018

Begin 2018 with these simple tips to manage your time, from <http://samueliinstituteblog.org/military-caregivers/> (pages 29-30), The Caregivers Companion:

TIME MANAGEMENT

The first piece of advice to finishing your to-do list may be surprising. Take a nap, meditate, go for a walk. Taking 20 minutes to practice self-care makes you more productive and able to do everything else. When you feel good in mind, body and spirit, you are a better caregiver. With this in mind, move your own physical and mental care up on the priority list and get help with or release some of the other items.

Additional tips include:

1. Prioritize. Do what's most important and let the rest go. Don't feel like you have to do everything at once. Bite off manageable chunks of larger jobs.
2. Do what you can and don't stress about the rest. Find shortcuts that work for you. If you don't have time to clean the whole kitchen but you feel better with a clean counter, just de-clutter and let that be enough. Repeating "Perfection is overrated," or "Good enough is great," may ease your mind.
3. Simplify and combine your efforts. Make fewer trips. Group appointments when possible. See if you can do weekly blood draws closer to home. Fill prescriptions when they are ready to prevent running out at the last minute and taking an extra trip.
4. Acknowledge that the day will not go as planned and take a breath. Getting upset won't help you or your care recipient.



SELF CARE

Additional self-care strategies can be found in "Taking Care of Yourself While Caring for Others" from www.DVBIC.org which promotes healthy behaviors to keep you well and help you cope:

Stress Busters:

- Deep Breathing
- Relax your muscles
- Try meditation
- Manage your time effectively

SELF CARE (CONTINUED)

Exercise:

- Make your plan fit your life
- Be consistent
- Use the buddy system

Nutrition:

- Eat a variety of nutrient-rich foods
- Drink plenty of water
- Eat moderate portions
- Eat regular meals
- Eat healthy snacks

Sleep:

- Establish a routine for when you go to bed and when you wake up every day
- Establish a relaxing bedtime routine
- Go to bed when you're tired and turn out the lights
- Do not rely on sleeping pills
- Don't exercise within three hours of bedtime
- Omit caffeine to one to two caffeinated beverages a day
- Limit alcohol to two drinks a week and refrain from drinking before bedtime

Tobacco Use:

- If you don't use tobacco products, don't start. Find other ways to cope with stress
- If you do use tobacco products, stress may increase your use and make it more difficult for you to quit

Alcohol and other drugs:

- Beware of the danger of using alcohol or drugs to make you feel better in the short term
- If you drink, do so in moderation
- Find other ways to relieve stress and to reward yourself

Routine Medical Care:

- Get routine medical and dental care to keep strong and healthy

If you become sick, worn down or burned out, you will not be able to provide good care to your family member

The more you take care of yourself, the better you will feel!



CNIC WOUNDED WARRIOR PROGRAM HOSTS REGIONAL FAMILY SYMPOSIUM

BY KYLE MALLOY

Wounded warriors and their families can overcome obstacles and achieve successes with the support of a community.

That message was evident during the 2017 Naval District Washington Family (NDW) Symposium, hosted by Commander, Navy Installations Command's Navy Wounded Warrior (NWW) - Safe Harbor program at Naval Support Activity Bethesda Nov. 15.

"The great thing about the program is that you don't have to go through it by yourself," said NDW's chief of staff Capt. Roy Undersander, who was a guest speaker at the event. "Navy Wounded Warrior, along with your families and caregivers, are here to help take care of you, bolster your resiliency and [help you to] become that

success story in your community.”

The symposium -- which featured a panel of wounded warriors and caregivers -- served as an inviting platform for all program participants to engage in honest dialogue regarding their experiences, share best practices, and discuss how Navy Wounded Warrior has assisted them on their road to recovery.

“Depression and anxiety is something I deal with,” said Navy wounded warrior April Ziegler, who was one of the panelists. “NWW helped me learn different coping mechanisms and provided resources to assist with my recovery. Without this program, I wouldn’t have been able to accept my situation and work toward moving forward.”

Other symposium participants discussed the benefits of adaptive sports and reconditioning, which is one of the non-medical care support programs under Navy Wounded Warrior.

“Adaptive sports provided me an opportunity to be around other ill and injured service members, which has had a huge impact on my rehabilitation and recovery,” said Navy Chief Warrant Officer Christopher Deike, who was also one of the panelists. “It helped me see that I’m not alone and there are others going through it.”

The event’s keynote speaker and wounded warrior caregiver Aileen Kohl discussed her experiences as the primary caregiver to her husband, who suffered severe injuries resulting from a helicopter crash. She encouraged all caregivers to remember how important their own health is and to continue to keep it a top priority as they assist their loved ones through the healing process.

“When you talk about brain injuries and invisible wounds, there really is no ending point. I think the thing we need to realize is that these are lifelong injuries that we’re going to have to cope and live with,” said Kohl. “Ask yourself what it is that you can do to make your circumstances better.”

Navy Wounded Warrior – Safe Harbor is the Navy’s sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families. Through proactive leadership, the program provides individually-tailored assistance designed to optimize the success of the wounded warriors’ recovery, rehabilitation and reintegration activities.



The Naval District Washington Family Symposium panel of Wounded Warrior, Caregivers and Navy Wounded Warrior - Safe Harbor staff members pose for a photo following the event.



NAVY CHILD AND YOUTH PROGRAMS ASKS: DID YOU KNOW?

The Give Parents a Break program is designated for families who may be experiencing duress due to a deployment/sponsor's TDY status, recent transfer to the area, illness in the family, caring for a child with special needs, or other unique circumstances/hardships. This referral certificate can be used for up to 16 hours of free hourly child care each month for eligible child(ren) of identified families, depending on space availability. The Navy and Child and Youth Programs (CYP) understands the challenges and extraordinary

stress military families may experience and are supporting families by meeting these unique child care needs. Children must be eligible for enrollment in the CYP in order to receive this service. A staff member from the CYP will meet with the family to complete the registration process and provide availability of center care or identify potential care providers. This program is not a substitute for regularly scheduled child care and may be used at the discretion of the parent at a minimum of 2-hour increments. A combination of installation CYP (CDC, CDH, SAC, 24/7 Center) may be used to provide a maximum of 16-hours a month.

Additionally, wounded warriors are provided hourly care for their medical appointments at no cost and will have first priority for hourly care spaces at all Child and Youth facilities. The family simply needs to provide documentation of enrollment in the Navy's Safe Harbor program to validate eligibility for this service.



Did you know that mobile health tools are available from the DoD to download on your phones? Below are only a few examples, log on <http://t2health.dcoe.mil/products/mobile-apps> for a complete list.

**Manage stress
by learning and
practicing deep-
breathing exercises**



**Browse information
on 17 topics
including sleep,
depression,
relationship issues
and post-traumatic
stress**



**Manage stress
by learning and
practicing deep-
breathing exercises**



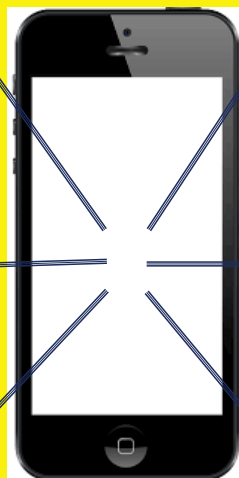
**Monitor your
emotional health
by tracking your
moods over time**



**Strengthen your
relationships with
your children**



**Learn to practice
mindfulness
meditation to live
in the present**



NAVY WOUNDED WARRIOR PRIDE IN PARTNERSHIP

BIRDIES FOR THE BRAVE

Proudly supported by the PGA TOUR, Birdies for the Brave is a national military outreach initiative dedicated to honoring and showing appreciation to the courageous men and women of the United States Armed Forces and their families.

Birdies for the Brave was originally created in 2004 by PGA TOUR player, Phil Mickelson, and his wife, Amy, to support combat-wounded veterans. The PGA TOUR subsequently adopted the program, and expanded it to include a wide variety of military outreach and appreciation activities during PGA TOUR events, as well as a series of fundraising events conducted at the PGA TOUR's Tournament Players Clubs (TPCs) and partner courses across the nation – an effort that has raised more than \$18 million for non-profit military homefront groups that are supported by PGA TOUR players, which provide direct support to military members, veterans, and their families ranging from financial aid, rehabilitation services, counseling and housing to educational scholarships and career development.

Congratulations to Navy Wounded Warrior-Safe Harbor enrollee, Machinist's Mate Petty Officer First Class



Scott Smith, who was presented with the Birdies for the Brave Courage Award in November 2017. MM1, or "Irish" to those who know him, was awarded the honor in recognition of his ongoing support for fellow Sailors and wounded heroes, his service to our country, and his amazing perseverance in the face of adversity.



Fisher House Foundation is best known for a network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving treatment.

A Fisher House is "a home away from home" for families of patients receiving medical care at major military and VA medical centers. The homes are normally located within walking distance of the treatment facility or have transportation available. There are 72 Fisher Houses located on 24 military installations and 29 VA medical centers. Many more houses are under construction or in design.