

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



2018 Spring Edition



Spring is here and national observances this quarter help us to focus on family! **April** is the Month of the Military Child; **May** highlights include Military Spouse Appreciation Day (May 9), and Mother's Day (May 13); while **June** features Father's Day (June 17). Included in this issue are resources for locating summer camps for the kids, retreat opportunities for adults, and stories of hope and opportunity for enrollees.

FROM ONE CAREGIVER TO ANOTHER



Paige (left) and her husband, Tristen (right) with their family of dogs

TRANSCENDING DISSAPOINTMENT INTO HOPE

BY PAIGE ROBINSON

My name is Paige Robinson, and I am currently still active duty in the United States Navy. I am just a little fish in the Big Navy pond. I was proud to be part of something so great and looked forward to a promising future as a Hospital Corpsman. However, just a couple weeks away from my A school graduation date, I got diagnosed with Multiple Sclerosis. Dealing with such a harsh diagnosis was hard, but learning that MS is a disqualifying disease was even harder for me to swallow. I was no longer able to attend my Corpsman classes and put on medical hold to go through the steps of getting discharged. My naval journey had only just begun and it all came crashing down around me. I found

out quickly that being in my situation was pretty uncommon. My command didn't really know what to do with me, and I didn't know what was expected of me. It was the ultimate place of limbo for months. That was until I was contacted by those

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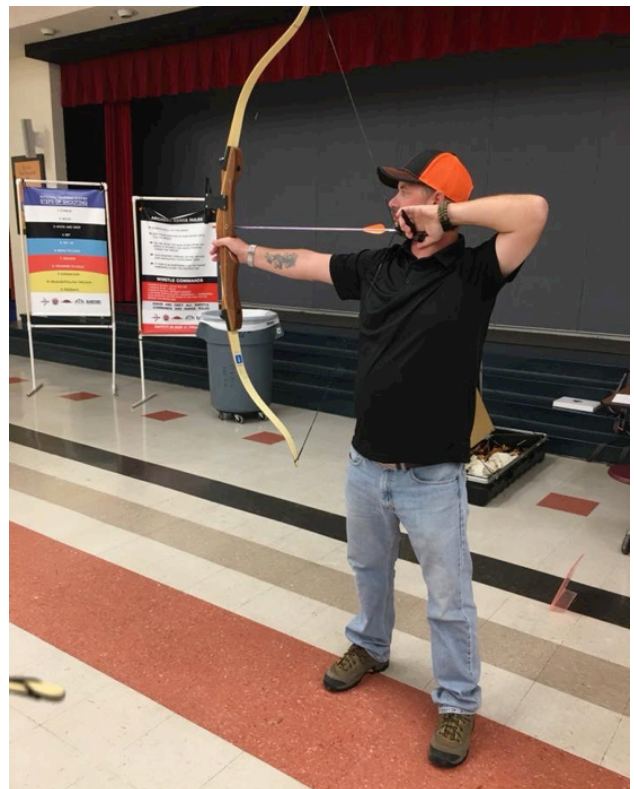


TRANSCENDING DISSAPPOINTMENT INTO HOPE (CONTINUED)

here at Navy Wounded Warrior Safe Harbor. They took me under their wing and showed me all the opportunities I still had. My journey wasn't over, it had only just begun! I started an internship with the program so less people in my situation fall through the cracks. I have more connections to classes to better myself and better my chances of employment. I have the ability to join the adaptive sports program, which truly is the hidden gem in NWWSH! I also have easy access to different resources not only for me, but also my husband as well. They offer him caregiver support at resources he can use to cope with everything as well. So, even though my diagnosis originally felt like the end of everything NWWSH helped me to see it was only the beginning!

CHIEF ERICKSON FINDS NEW CAREER OPPORTUNITY THROUGH ADAPTIVE SPORTS

Chief Aviation Electrician's Mate (AEC) Josh Erickson was preparing for retirement and not convinced that he needed to participate in adaptive sports or attend the 2018 Navy Trials at Naval Station Mayport. Ultimately he did attend and trained in archery, cycling and rowing. His skill on the archery range caught the attention of the adaptive sports archery coach who encouraged him to enroll in USA Archery Level 1 and 2 Instructor Certification. He further discussed this possibility with Navy Wounded Warrior- Safe Harbor (NWW-SH) sports staff but admitted the challenges of funding the certification as a new retiree. NWW-SH worked quickly and through its partnerships with non-government organizations, secured Navy Safe Harbor Foundation funding to cover the cost of the certification. Graduates of the Level 2 Archery Instructor Certification Course are well prepared to serve as the lead instructor for long-term archery programs such as Adult Archery Program and Collegiate Archery Program clubs, as well as the Explore Archery Program. We wish AEC Erickson success not only in his new role as an archery instructor, but also for being selected to represent Team Navy at Warrior Games 2018, at the Air Force Academy in June. It is because of AEC Erickson's initiative in conjunction with the work of NWW-SF that this newly transitioned sailor has a bright future with a new career opportunity.



Chief Aviation Electrician's Mate Josh Erickson continues his training for the 2018 Warrior Games. Pictured Above, Erickson not only training in Archery but also Rowing and Cycling during a Navy Wounded Warrior - Safe Harbor adaptive sports training camp.

BEREAVEMENT RESOURCES TO HELP THE WHOLE FAMILY

Losing a loved one is difficult. Help is available to guide children and adults through this process. Specific topics include:



1. Saying Goodbye: Talking to Kids about Death:

<https://www.parents.com/toddlers-preschoolers/development/social/talking-to-kids-about-death/>

2. Letting Children Share in Grief:

<https://www.nytimes.com/2012/09/20/garden/letting-children-share-in-grief.html>

3. Preparing for the Death of a Terminally-Ill Loved One: What to Expect, and How to Help the Entire Family Move Forward:

<https://www.neptunesociety.com/resources/preparing-for-the-death-of-a-terminally-ill-loved-one>

4. Step-by-step guide to handling a loved one's belongings after their death:

<https://www.closetbox.com/resources/final-logistics-step-step-guide-handling-loved-ones-belongings-death/>

5. Keeping the Peace While Settling a Family Estate:

https://privatebank.wf.com/conversations/article/settling_a_family_estate

6. Five Things You Must Know as the Executor of an Estate:

<https://www.redfin.com/blog/how-to-be-estate-executor>



CHAPLAIN RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION

Did you know CREDO evolved to offer a variety of retreats and workshops dedicated to personal growth and development? These retreats, which are open to active duty service members and their families, provide an excellent opportunity to reconnect and enhance your quality of life. Consider signing up for a Friday night to Sunday afternoon all-inclusive retreat where you can enjoy a calming environment away from work and other stressors.

To view a map for your nearest CREDO site visit:

<http://www.navy.mil/local/chaplaincorps/CREDO-Map.html> or visit them on Facebook.



**MILITARY
ONE
SOURCE**



**SPOUSE EDUCATION &
CAREER OPPORTUNITIES**

SPOUSE EMPLOYMENT LINKS

Spouse Education and Career Opportunities (SECO) is a

resource designed to help spouses with: **Career Opportunities** to explore career paths to match your goals; **Education, Training and Licensure** to learn what programs and scholarships are available to you; **Employment Readiness** provides tools, tips, resources and counseling options; and **Career Connections** can link you to organizations focused on hiring and helping military spouses.

<https://myseco.militaryonesource.mil/portal/>

Military Spouse Employment Partnership (MSEP) lists organizations who have partnered to hire military spouses and list job opportunities in your location.

<https://mseppjobs.militaryonesource.mil/msep/home>

LinkedIn- CNIC Navy Fleet and Family Support Employment Readiness Community page:
<https://www.linkedin.com/company/11395706> posts new information daily.

