

# Wounded Warrior FAMILY QUARTERLY NEWSLETTER

January - March 2022



## HAPPY NEW YEAR!

Navy Wounded Warrior wishes you and your family a wonderful year ahead! We are looking forward to a safe and healthy 2022.

**JANUARY** is Financial Wellness Month, reminding us to give attention to our financial well-being. Consider the following to measure your financial wellness. You may also want to consider visiting Fleet and Family Support Center's Personal Financial Manager to help you develop a plan.

- Have control over day-to-day finances
- On track to meet savings and retirement goals
- Have enough cushion to handle most financial emergencies
- Out of debt and able to manage expenses without swiping a credit card

**FEBRUARY** is American Heart Month. Learn how to build heart-healthy habits and quick tips with the following recommendations from the U.S. Department of Health and Human Services and Office of Disease Prevention and Health Promotion:

- Get active
- Eat healthy
- Quit smoking
- Manage stress
- Eat less sodium
- Alcohol only in moderation

For more information, visit [www.health.gov/myhealthfinder](https://www.health.gov/myhealthfinder)



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  [@NavyWoundedWarrior](https://www.instagram.com/NavyWoundedWarrior)

**MARCH** is Brain Injury Awareness Month --- recognized by the Military Health System (MHS) to increase traumatic brain injury (TBI) awareness and improve health care providers' ability to identify, care for and treat service members and veterans who are affected by a TBI. A TBI is a blow or jolt to the head that disrupts the normal function of the brain and depending on the severity, can have long lasting effects on anyone who experiences one.

The Traumatic Brain Injury Center of Excellence (TBICoE) and MHS have identified this year's Brain Injury Awareness Month theme as "Be TBI Ready" --- recognizing the health care providers and others in the military community need to be aware of the latest educational trainings, research, fact sheets and other available resources to prevent, diagnose and treat TBI.

Visit TBICoE to learn about upcoming TBI education and training events

happening during Brain Injury Awareness Month. TBICoE's upcoming events can be found at <https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Traumatic-Brain-Injury/Brain-Injury-Awareness-Month>



## WARRIOR CARE MONTH CELEBRATIONS - REGION HIGHLIGHTS

Throughout the month of November, Navy Regions celebrated Warrior Care Month with kick-off and cake cutting celebrations, R.E.S.E.T (Recreation, Employment, Support, Education, Transition) events, and resource and information fairs designed to share information with the Navy Wounded Warrior community.

Thank you to the 2021 Warrior Care Month sponsor, Semper Fi & America's Fund for their generous support.

### Navy Region Hawaii

Navy Wounded Warriors assigned to Joint Base Pearl Harbor-Hickam took part in activities throughout the month to commemorate Warrior Care Month. Activities included a cake cutting ceremony, water sports, ropes course, bowling, ceramics, woodworking and more! In addition, the warriors participated in a volunteer give-back event donation drive by preparing and serving lunch to the residents of the Fisher House at Tripler Army Medical Center (TAMC.) Navy Wounded Warrior is grateful for Commander, Navy Region Hawaii (CNRH) leadership and MWR for their continued support.



*Commander Navy Region Hawaii's Navy Wounded Warrior community members participating in a R.E.S.E.T event in November 2021 in support of Warrior Care Month. | U.S. Navy photo by Melvin J. Gonzalvo*

## Navy Region Southwest

Navy Wounded Warrior hosted a Wounded Warrior Appreciation Day on November 5 in recognition of wounded ill and injured service members and their families during Warrior Care Month. The event included presentations from various organizations and a resource fair at NAS North Island.



*Navy Region Southwest's Navy Wounded Warrior community members participating at a resource fair in November 2021 in support of Warrior Care Month.*



*Navy Region Mid-Atlantic's Navy Wounded Warrior program hosted a cake cutting ceremony in November 2021 in support of Warrior Care Month.*

## Navy Region Mid-Atlantic

Navy Region Mid-Atlantic recognized wounded, ill and injured Sailors and Coast Guardsmen and their families throughout the month at various events and installations. Some activities included a BBQ at Camp Lejeune, a 5k at Hampton Roads and cake cutting ceremonies in Norfolk and Groton.



*Navy Region Mid-Atlantic's Navy Wounded Warrior program hosted a 5k event in November 2021 in support of Warrior Care Month.*

# NAVY SAFE HARBOR FOUNDATION 2021 WARRIOR OF THE YEAR

Article written by Ms. Heidi Weller, President, Navy Safe Harbor Foundation

In 1995, as a Senior at a new high school, Lorraine Currow joined the JROTC program to find a way to establish herself. Self-described as a Navy brat, she understood how difficult it would be to break into well-formed groups. Before graduating in 1996, Lorraine had become the first female Captain of her ROTC Drill Team and the first female on the shooting team. The JROTC experience set her up well to enter the Navy in January 1997.

She received a bit of a shock when, true to her Florida roots, she arrived in Great Lakes, IL wearing flip flops and shorts. It did not take her long to adjust to the weather and bootcamp, finding her focus and goals. She followed bootcamp with, Aircrew training, rescue swimmer “C” school and then Aviation Structural Mechanical School and was happy to return to sunny Florida when she received her first set of orders. Over the next few years, unexpected life circumstances altered Lorraine’s plans and ultimately found her in the Coast Guard as a Yeoman.

After 3 years stationed in Cape May, NJ Lorraine applied for and was accepted into the Navy Legal Technician Program in Rhode Island. Orders to Norfolk, VA, Miami FL, and Seattle, WA followed as Lorraine progressed in her Coast Guard career.

In 2012, stationed in Key West, FL Lorraine deployed on the cutter, USCGC THETIS. While underway she sustained a back injury when she fell down a ladder well while carrying heavy equipment. With gentle care and time, her back improved and she returned to her normal level of activity and work duties. However, a more serious second fall in 2017, caused more damage requiring back surgery and permanent limitations. During recovery she was introduced to and enrolled in the Navy Wounded Warrior Program (NWWP).



*YN1 Lorraine Currow with her mother,  
Susanne Pacell.*

Senior Chief Carlock, Lorraine’s NWWP Non-medical Care Manager, immediately stepped in and began assisting Lorraine with the necessary steps of recovery and processing through her Medical Board. Lorraine gives Senior Chief Carlock credit for making the experience as smooth a transition as a life altering change could be. She says, “Senior Chief Carlock was there for me when I really needed her.” As life would have it, Lorraine was also introduced to Adaptive Athletics when she saw the Army Adaptive Athletic Team practicing at the base’s gym. Always a very active athlete Lorraine applied to the Navy Wounded Warrior Adaptive Athletic Program and almost immediately found her people.

In true Lorraine fashion, she learned the many new skills necessary to compete in seated shotput, discuss throwing, wheelchair rugby, archery, and rowing through Zoom coaching. Her return to sports helped Lorraine focus on both her physical and mental health. She credits adaptive athletics, her teammates, and her coaches with improved focus, regaining her personal identity, and helping her see herself was more than her injury.

Today Lorraine is active in helping others as they recover and is diligently pursuing a master’s degree in Recreational Therapy.

Congratulations to YN1 Lorraine Currow, our 2021 Wounded Warrior of the Year.

## MOBILE RESOURCES

DHA Connected Health mobile apps provide information and support to service members, veterans and their families. Download these free apps on either Android or iOS devices.



### Dream EZ

- Limits nightmares so users can get a better night's sleep
- Helps users relax and reduce stress
- Provides resources to track nightmares and enhance treatment options



### LifeArmor

- Self-assessments help the user measure and track their symptoms
- Tools offer techniques that help manage specific conditions



### Virtual Hope Box

- Contains simple tools to help users with coping, relaxation, distraction, and positive thinking
- Uses personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes, and coping statements



### Tactical Breather

- Although developed for the warfighter during combat situations, it can benefit anyone
- Learn breathing techniques to gain control over stressful situations



### T2 Mood Tracker

- Allows users to monitor and track their emotional health
- Records emotions like anxiety, stress, depression, head injury, post traumatic stress and general well-being
- The data is saved in a graphic or spreadsheet file which can be transferred by email or wireless connection



### Positive Activity Jackpot

- Uses Pleasant Event Scheduling (PES) to overcome depression and build resilience
- Helps clients decide on pleasant events to participate in to build a pleasant event schedule
- Meant to improve the overall quality of life
- PES proven useful for individuals without mental health issues