

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



2019 January - March Edition



Happy New Year from Navy Wounded Warrior!

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NAVAL DISTRICT WASHINGTON HOST REGIONAL FAMILY SYMPOSIUM



Photo of caregivers Sue (left) and Larry Pederson giving remarks during the Naval District Washington's Family Symposium.

Naval District Washington held their annual Wounded Warrior Family Symposium on November 29, 2018 at USO Bethesda. Guest speakers shared their stories of Overcoming Challenges with the audience. PSC Damasiewicz related her journey to recovery from an active duty, single parent perspective. She credits her ability to return to the fleet with the help of her service dog and support from NWW. Today, she continues to help sailors with difficult topics like self-harm and suicide

which in turn helps with her own recovery. Speaking from a caregiver point of view, Larry and Sue Pederson shared the frustration of trying to support and advocate the best care for their son who has an elusive diagnosis. They credit NWW with helping them navigate through military jargon and connecting them with resources such as caregiver meetings, non-profit organizations and retreats. They expressed appreciation of the culture of care, respect and giving in the medical community at Walter Reed National Military Medical Center as they continue to care for their son and search for answers.



MILITARY SPOUSE UPDATE

Section 556 of the National Defense Authorization Action FY18 provides the Military Departments the opportunity to allow for reimbursement of state licensure and certification costs arising from a military spouse relocating to another state as a result of permanent change of station or permanent change of assignment. Stay tuned for more information as this authority is implemented.

CAREGIVER RESOURCES

Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the millions of Americans caring for loved ones with various conditions. Log on to <https://www.caregiveraction.org/> for tips, videos, stories, links to agencies and organizations, a Family Caregiver Toolbox and more.

Elizabeth Dole Foundation, Hidden Heroes brings attention to military caregivers and seeks solutions for challenges and long-term needs. Read testimonials from military caregivers, find a directory of resources and learn what your community is doing to support military caregivers through the Hidden Heroes Cities Program at <https://www.elizabethdolefoundation.org/hidden-heroes/>.

NORTHWEST PETTY OFFICER SELECTED AS WOUNDED WARRIOR OF THE YEAR

By: EDDIE GARCIA, NORTHWEST REGIONAL DIRECTOR, NAVY WOUNDED WARRIOR-SAFE HARBOR PROGRAM

Northwest-based U.S. Coast Guard Petty Officer 3rd Class Jacob Watt was selected as the Wounded Warrior of the Year for 2018.

Watt, one of Navy Region Northwest's wounded warriors, exemplifies what it means to be a Resilient Warrior. Over the past year, Watt has not only been a mentor to other Wounded Warriors, but also began pursuing his dream of becoming an aviation mechanic and commercial airline pilot.

After an extensive recovery period, Watt not only passed a rigorous FAA cognitive screening, but also completed a 9-month long internship as an aviation mechanic for a major commercial aviation company. His supervisor called Watt's recovery team several times during the internship to ask for more Warriors like him, describing Watt as "the best and hardest working mechanic he's ever hired."

Watt also takes the time to attend community and networking events to further his growth and to mentor other Wounded Warriors and transitioning service members.

Watt credits his wife, Mallory, for being his dedicated and strong supporter. "She knew this journey would be hard, but she never gave up on me and our adventure has only just begun," he says.

Join us in wishing the Watts a bright and happy future together. They have shown us what courage and commitment look like through their resilience and continued selfless service to others.



VADM Lou Crenshaw USN (Ret.), recognizing MK3 Jacob Watt and his spouse Mallory Watt as the Wounded Warrior of the Year, presented by Navy Safe Harbor Foundation in Arlington, Virginia, November 7, 2018.

NEW IDEAS FOR A NEW YEAR

Navy Wounded Warrior is reaching out to organizations to provide opportunities to wounded warriors and caregivers. Consider trying something new in 2019 to help with recovery, provide respite or build the family unit. Air Force Wounded Warrior (AFW2) has invited other services to participate in their CARE events held around the country. Navy and Coast Guard enrollees and caregivers have attended AFW2 events in Texas, Washington, Maryland, Florida, and in January 2019, Hawaii. In addition to adaptive sports, these events offer painting, music, writing, speaking and comedy to aid in healing.



◀ Paintings by wounded warriors and family members at the AFW2 CARE Event, Joint Base Andrews, November 2018

Supplementary to the Navy Wounded Warrior Introductory Sports Camp hosted at NAS Bethesda, our Navy and Coast Guard athletes participated in the evening kayak clinics hosted by Team River Runner. Team River Runner is a national organization offering adaptive kayak and paddling instruction to Active Duty and Veteran athletes nationwide with over 32 local chapters (<https://www.teamriverrunner.org>).

Organizations offering programs and support services from arts to sports and wellness clinics to family retreats are located throughout the country. If you are ready to try something new in 2019, let NWW-SH help you find something to fit your needs and lifestyle. ▶



NAVY WOUNDED WARRIORS DEMONSTRATE ATHLETIC PROWESS AT 2018 INVICTUS GAMES IN AUSTRALIA

BY: KYLE MALLOY, NAVY WOUNDED WARRIOR-SAFE HARBOR PUBLIC AFFAIRS



USA Wheelchair Tennis teammates AF MSGT Brian Williams, standing with flag and Navy Veteran Chance Field, seated, pose for photos after receiving the bronze medal.

Months of training toward healing have paid off for fourteen Navy wounded warriors representing the nation and Team USA at the 2018 Invictus Games, an international adaptive multi-sport event currently being held in Sydney, Australia.

The Navy athletes are able to compete in the Invictus Games as part of their enrollment in the Navy's Wounded Warrior – Safe Harbor program, which is managed by Navy Installations Command (CNIC) and coordinates non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and provides resources and support to their families.

"We have many resources for our Sailors in the Navy, and it's important for the fleet to have awareness of Navy Wounded Warrior's mission," said Vice Adm. Mary Jackson, Commander, Navy Installations Command.

"There are local elements to the program, which include not only adaptive sports, but many other non-medical resources. If there is a Sailor who is eligible, then we absolutely want to get them enrolled."

More than 550 wounded, ill and injured servicemen and women from 17 allied nations competing in the international competition

--going head-to-head in archery, athletics (track and field), indoor rowing, powerlifting, road cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair tennis, wheelchair rugby, golf and sailing.

Among those athletes is Hospital Corpsman 1st Class Carlos Valerio, who contributes his continued healing to the Navy Wounded Warrior program.

"I can't thank Navy Wounded Warrior – Safe Harbor enough for what they have done for me," said Valerio.

"It has been instrumental in my recovery and helping me return to duty after my illness."

The competitions are taking place across Sydney at venues including the Olympic Park facilities, the location of the 2000 Olympics.

"We have a special relationship with our Australian partners, and it's been a rewarding visit strengthening our ties," said Jackson. "Seeing the power of sport and all that our athletes on the US team have accomplished this week is beyond inspiring."

The Team USA roster is made up of athletes from all branches of the military and is a true joint-service entity that represented the country in Australia.

"Even though we are from different branches of service, it didn't take us long to build relationships and recognize we are all on the same team," said retired Aviation Electronics Technician Austin "Chance" Field.

"Great team work is the best way to succeed, and that's why we competed so well."

The Navy wounded warriors showed up ready to compete at every competition, focused on doing the very best they could.

"I love being here representing the US team in Sydney," said retired Hospital Corpsman 2nd Class Emmanuel Gonzalez. "We're not on home turf, but the Aussies have been great hosts and the energy is amazing at every competition!"

Navy Wounded Warrior – Safe Harbor provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities. To learn more, visit www.navywoundedwarrior.com/.