

Wounded Warrior FAMILY QUARTERLY NEWSLETTER



October - December 2021

UPCOMING EVENTS

OCTOBER 13 the Navy's 246th Birthday. The central theme of this year's celebration is "Resilient and Ready." As we celebrate the Navy and our victories at sea, we honor our shipmates who stand and have stood the watch.



OCTOBER is National Disability Employment Awareness Month. The awareness month is to commemorate the many and varied contributions of people with disabilities to America's workplaces and economy. This year's theme is "America's Recovery: Powered by Inclusion."

OCTOBER is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. This year's theme is "Together, we RISE." About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime.

In 2020 in the United States, about 325,000 new cases of invasive and non-invasive breast cancer were diagnosed in women and about 2,600 new cases of invasive breast cancer were diagnosed in men.

NOVEMBER is Warrior Care Month. This year's theme is "Virtual Show of Strength" The Department of Defense established Warrior Care Month to increase awareness of programs and resources designed to support wounded, ill, and injured service members, their families and those who care for them. Throughout the month, Navy Wounded Warrior will be honoring the strength, resilience, and accomplishments of our enrollees, their families, and their caregivers. Check out the Navy Wounded Warrior [Facebook](https://www.facebook.com/navywoundedwarrior) (<https://www.facebook.com/navywoundedwarrior>) and [Instagram](http://instagram.com/navywoundedwarrior) (<http://instagram.com/navywoundedwarrior>) pages for daily posts and updates.

Want you or your loved one to be featured during the 2021 Warrior Care Month spotlight campaign? Email megan.e.trexler.naf@us.navy.mil for more information.

Calling all Navy Wounded Warrior enrollees, caregivers, family members, and staff! Please join us for our online Warrior Care Month Events:

- **Expressive Art** - November 5, November 19 and December 10. Events will be held from 4 - 5:30 p.m. ET.

Explore new creative outlets, such as how to create your own comic or paper quilting.

- **Mind, Body, Meditation** - November 3, November 17, and December 1. Events will be held from 7 - 8:30 p.m. ET.

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- **Zentangle** - November 15, November 29 and December 13. Events will be held from 7 - 9 p.m. ET. Tap into your inner artist with Zentangle. Zentangle is a fun way to create beautiful images by drawing and doodling.

Look for more information on how to dial in and join the fun on the [Navy Wounded Warrior website](https://www.navywoundedwarrior.com) (<https://www.navywoundedwarrior.com>) and on social media with the Navy Wounded Warrior [Facebook](#) and [Instagram](#) pages.



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

RESOURCES

Veteran Affairs Caregiver Support Resources

Website: <https://www.caregiver.va.gov>

Support line: (855)260-3274

Veterans Crisis Line (800) 273-8255

National Caregiver Support Lines (855) 260-3274

PsychArmor Institute

Caregivers, do you struggle to find balance? It is crucial to prioritize your mental health! PsychArmor invites you to watch their Mental Health: Caregiver Pandemic First Aid Micro-Course, available now on YouTube. The short course, less than 5 minutes, focuses on how isolation impacts mental health and steps to take towards a balanced, healthy mind.



Educating a Nation

[Click here to watch the video.](https://www.youtube.com/watch?v=BgkuqBsx3c&list=PL8CpUgKU1Rmu9_hGWNjnKX9zaVYC3drXw&index=16) (https://www.youtube.com/watch?v=BgkuqBsx3c&list=PL8CpUgKU1Rmu9_hGWNjnKX9zaVYC3drXw&index=16)

Other caregiver resiliency short courses, webinars and learning events can be found at the [PsychArmor Institute website](https://psycharmor.org/caregivers). (<https://psycharmor.org/caregivers>)

Military Scholarships

For a list of Military Scholarships for service members, spouses and dependents, check out [US Veterans Magazine](http://usveteransmagazine.com) (<http://usveteransmagazine.com>) and [Military.com](http://military.com) (<http://military.com>)

Military.com



2021 TEAM NAVY HIGHLIGHTS

More than 50 active duty and veteran Sailors and Coast Guardsmen actively participated in various in-person and virtual adaptive sports events in 2021. The events served as a way to support the recovery and rehabilitation of wounded warriors and to build camaraderie.

2021 Team Navy Training Camp Highlights

During the 2021 Team Navy Training Camp, held from July 27 - August 3, 2021 at Port Hueneme, California, the Team Navy athletes honed their skills in archery, cycling, field, golf, indoor rowing, powerlifting, shooting, sitting volleyball, swimming, track, wheelchair basketball and wheelchair rugby to build meaningful connections and experience positive healing through their challenges.

YNC Jessica McHam-Rewerts shared, "It's normally hard for me to open up. But, I feel like I can let my guard down here... (they) understand." HM1 (Ret.) Carlos Valerio, Team Navy and Invictus Team US veteran, shared how mentorship during his first year on the team helped him with his recovery journey, "(Navy Wounded Warrior) has really helped me - staff, coaches, fellow athletes. During my first year, the returners that year set the tone for me. Now, I want to be here to help support the first time athletes. It's about paying it forward..supporting wherever I can."

Thank you to the 2021 Team Navy presenting sponsor Semper Fi & America's Fund and supporting sponsor Deloitte for their generous support.

2021 Military Adaptive Sports Virtual Events

The 2021 Military Adaptive Sports Virtual Challenge, a multi-service branch initiative, was hosted virtually from September 13-17, 2021. The invitation-only virtual event featured 11 challenges: archery, cycling, field, fit games, golf, indoor rowing, powerlifting, shooting, swimming, track, wheelchair basketball. Events were live-streamed across social media platforms.

Athletes included active-duty service members and veterans with upper-body, lower-body, and spinal cord injuries, traumatic brain injuries, visual impairment, serious illnesses and post-traumatic stress. The wounded warrior athletes represented the Army, Air Force, Marine Corps, Navy and Coast Guard, and Special Operations Command, as well as the Ukraine. Fourteen athletes represented Team Navy during the event, including active duty and veteran Sailors and Coast Guardsmen.



2021 Team Navy athletes with their non-medical assistants and service dogs



HMC (Ret.) Ruben "Cooky" Valenzuela during a 2021 Team Navy Training Camp track practice



AZ3 (Ret.) Elizabeth Smith during a 2021 Team Navy Training Camp wheelchair rugby practice

SELF-CARE TECHNIQUES FOR THE CAREGIVER: 5 WAYS TO CARE FOR YOURSELF

Story by Rosa M. Hamilton, MSW.LMSW.CCM | Navy Wounded Warrior Federal Recovery Consultant

1. Self-compassion is essential to self-care
 - Be kind to yourself, give yourself credit for the tough, complex work of caregiving
 - Self-care allows a balanced, focus and effective life
2. Practice simple breath awareness for 10 minutes a day
 - Find a comfortable seated position on a chair or cushion
 - Close your eyes and begin to notice your breathing
 - Let distracting thoughts pass and then return to your breaths
 - Breathe in slowly through nose for 5 counts, hold and pause for five counts and exhale 5 counts
 - Continue this process for 10 minutes
3. Try a mind-body practice like yoga, tai chi, meditation and deep relaxation techniques
 - Mind-body practices deepens the awareness and connection between the mind-body. Yoga has been shown to reduce stress
4. Make eating well and getting quality sleep a priority
 - Maintaining adequate sleep and nutrition are key to preventing burnout
 - Build a daily 10 min nighttime routine to achieve more restful sleep (yoga, breathing exercises, etc.)
 - Avoid or reduce alcohol, since it both increases inflammation in the body and disrupts quality sleep
5. Remain socially connected
 - Find local caregiver support groups. Realizing you are not alone and that others are going through similar experiences nurtures your ability to be self-compassionate
 - Maintain contacts with family and friends
 - Schedule respite to allow time to be socially connected





ONLINE DIGITAL HEALTH PRESCRIPTION TOOL



Apps

<https://mobile.health.mil>

<https://www.ptsd.va.gov/appvid/mobile/>



- ☐ ACT Coach*
- ☐ AIMS*
- ☐ Beyond MST*
- ☐ Breathe2Relax
- ☐ Breathe, Think, Do**
- ☐ CBT-i-Coach*
- ☐ Couples Coach*
- ☐ COVID Coach*
- ☐ CPT Coach*
- ☐ Dream EZ
- ☐ Insomnia Coach*
- ☐ LifeArmor
- ☐ Mindfulness Coach*
- ☐ Mood Coach Explorer*
- ☐ Pain & Opioid Safety
- ☐ PE Coach*
- ☐ Positive Activity Jackpot
- ☐ PTSD Coach*
- ☐ STAIR Coach*
- ☐ Stay Quit Coach*
- ☐ T2 Mood Tracker
- ☐ Tactical Breather
- ☐ The Big Moving Adventure**
- ☐ VetChange*
- ☐ Virtual Hope Box



Military Health Assessments

health.mil/assessments

Take a few minutes to anonymously answer simple questions about common health conditions. Although only a health care provider can provide a diagnosis, these self-assessments provide recommendations based on your answers.

- ☐ Alcohol & Drug Abuse
- ☐ Anger
- ☐ Anxiety
- ☐ Depression
- ☐ Relationships
- ☐ Sleep
- ☐ Stress
- ☐ Other



Military Health Podcasts

health.mil/podcasts

DHA podcasts provide information and tools to improve wellness in the military community.

- ☐ A Better Night's Sleep
- ☐ Living Beyond Pain
- ☐ Military Meditation Coach
- ☐ Next Generation Behavioral Health



Military Kids Connect

militarykidsconnect.health.mil

An online community where military youth can de-stress and connect with their peers.



Sesame Street for Military Families

sesamestreetformilitaryfamilies.org

for Military Families

Support for military families from Sesame Workshop on deployments, moving, and more.

MHS

Military Health System
health.mil

* These apps were developed by, or in partnership with the U.S. Department of Veterans Affairs.

** Developed by or in partnership with Sesame Workshop.