

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER

October - December 2020



Fall is here and while we continue to adjust our daily routines to follow health and social distancing guidelines, we still have important items to note during this season.

OCTOBER is for pumpkins! Read fun pumpkin facts on page 4 of this newsletter.

The Navy will celebrate its 245th birthday on October 13, 2020. The central theme of this year's birthday and heritage week is "Victory at Sea."

Attention Caregivers! Sign up now to join the **Caregiver Coffee Break**. Ms. Virginia Beeson, BSN, MSN, NEA-BC, will facilitate a series of casual discussions on ZOOM as you sip your coffee.

- October 20: Stress Management
- October 27: Resilience
- November 3: Challenging Communications
- November 10: Attitude & Gratitude

Sessions are from 12-12:30 p.m. Eastern Time. Email susan.hieb@navy.mil to register for discussions by October 16, 2020. You will receive a follow-up email with link to join the meeting(s). Get your favorite coffee beverage and join the discussion.

NOVEMBER is Warrior Care Month, sponsored by the Semper Fi & America's Fund. 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 about them. Throughout the month, we will be honoring the strength, resilience, and accomplishments of our enrollees, their families, and their caregivers.

Navy Wounded Warrior plans to honor enrollees, caregivers, and family members throughout the month. Check out the NWW [Facebook](#) and [Instagram](#) pages for daily posts and updates. Want you or your loved one to be featured during the 2020 Warrior Care Month spotlight campaign? Email susan.hieb@navy.mil or megan.trexler@navy.mil for more information.

Warrior Care Month Online Events:

- Zentangle - November 3, 4, and 5
Tap into your inner artist with Zentangle. An easy to learn, relaxing, healing, and fun way to create beautiful images by drawing.
- Mind, Body, Meditation
November 17 - Moving Meditation: A Trauma-Aware Yoga Practice
November 18 - Addressing Tension with Self-Massage/Myofascial Release
November 19 - Yoga Nidra

DECEMBER brings to mind a season for giving, holidays and the start of winter. This year, set aside some time for yourself. Read Self-Care: 12 Ways to Better Take Care of Yourself on page 5 and practice self-care!

In this edition:

- Calendar Notes
- NWW Enrollee Spotlight
- Pumpkins
- Self-Care: 12 Ways to Better Take Care of Yourself
- Resources



Enrollee Spotlight

Navy Region Southwest recently shined a spotlight on several Navy Wounded Warrior enrollees. We celebrate with these service members in their recovery and rehabilitation success stories and wish them continued progress toward their personal and professional goals.



NDCS Ryan Steinkamp training in the NMCS D C5 Physical Therapy Clinic.

NDCS Ryan Steinkamp's injury resulted in a below the knee amputation. He shares, "The program (NWW) has allowed me to focus entirely on my rehabilitation. They have meticulously identified and eliminated all outside stressors that could possibly impede my recovery. This includes everything from career progression, military benefits, SCADDL, TSGLI, and family life. Their top priority is my health and well-being. It was very reassuring having an outlet to accompany me through a time of uncertainty. The resources the program provided and their guidance in how to overcome obstacles is very reassuring. I feel there is nothing that can stop me from accomplishing my goals."



HM3 Diaz weight training on his prosthetic leg.

HM3 Michael Diaz is another NWW enrollee whose injuries resulted in a below the knee amputation. He stresses the importance of friends, family and a positive mindset throughout the recovery process. NWW provided him access to resources he would otherwise not have known about. Now he is at a point he can say, "I'm able to run, weight lift, ride my motorcycle, surf, and the only thing that seems to slow me down is the weight limit on my prosthetic while I'm lifting."

Enrollee Spotlight



FCAC Nathaniel Harrower credits the Navy Wounded Warrior Program with helping him secure temporary housing while undergoing treatment, achieving his goals, meeting and befriending other enrollees facing similar challenges, and finally, reaching 20 years of service and transferring to the Fleet Reserve Honorably. He affirms, "I do know that without their (Navy Wounded Warrior) help I would not be in the good position I am in today."

FCAC Nathaniel Harrower and his family.



OS2 Diaz and his family..

OS2 John Diaz said he had been working for 12 years and completed six deployments when his injury/illness sidelined him. He was feeling stressed due to the uncertain future of his life and family, but with NWW's assistance with issues like housing, SSDI, caregiving support, etc., he states, "Now I feel more confident as I prepare for a future outside the military."



MRC Barr and his family.

MRC Brian Barr had completed five deployments when he received his medical diagnosis. He shares that "the Navy Wounded Warrior Program has provided me with information and more support than I ever could have imagined. Once I am referred to the IDES, I have no doubt they will be there for me every step of the way."

PUMPKINS! Fun facts about fall's favorite squash

Health Benefits

Manganese: This trace mineral, which is important in bone and skin formation and blood sugar control, is found in abundance in pumpkins, particularly in pumpkin seeds. A ¼ cup of pumpkin seeds contains 74% of the daily recommended intake (DRI) for manganese.

Phosphorus: Phosphorus makes up approximately 1% of a person's body weight and is mostly stored in bone and teeth. This mineral is vital for carbohydrate and fat metabolism. A ¼ cup of pumpkin seeds provides 57% of the DRI for phosphorus.

Copper: Copper plays a role in energy production and in antioxidant protection. A ¼ cup of pumpkin seeds provides close to 50% of the DRI for copper.

Magnesium: A serving of pumpkin seeds is one of the greatest sources of magnesium, along with dark leafy greens and beans. A ¼ cup of pumpkin seeds provides close to 50% of the DRI for magnesium. Magnesium is a mineral that plays a role in energy production and bone formation.

Zinc: This mineral is a necessary part of many enzymes and plays a role in enzyme production, which allows the body to do many things. No one food is a great source of zinc, but ¼ cup of pumpkin seeds does provide 23% of the DRI for zinc. Other sources of zinc include meats and other nuts and seeds.



Nutritional Content

Pure pumpkin: 1 cup contains ~ 80 calories, 1 gram (g) of fat, 20 g of carbohydrates, 7 g of fiber, 8 g of sugar, and 3 g of protein.

Pumpkin seeds: Also called pepitas, 1 oz. contains approximately 150 calories, 13 g of fat, 5 g of carbohydrates, 1 g of fiber, 0 g of sugar, and 7 g of protein.

Buying, Prepping, and Cooking

Choosing a pumpkin: Pick a pumpkin that is consistent in size and color as well as symmetrical. Aim for a pumpkin that is dull rather than shiny as a shiny pumpkin means it was harvested too early.

Storing: After purchasing or picking, store the pumpkin in a mild-temperature environment, which will allow it to stay fresh for around two weeks. Canned pumpkin can be stored in the freezer for up to one year.

Roasting: Scoop out the guts of the pumpkin and separate out the seeds. Wash and boil them, then roast at 400°F.

Pie: Probably the most well-known dish. A piece of pumpkin pie averages out to be around 230 calories per slice and 10 g of fat. While not ideal, it is one of the best dessert choices you can choose during the holidays thanks to the 3 g of fiber, 4 g of protein, and loads of vitamin A.

Smoothies: 2 tablespoons (Tbsp) of canned pumpkin can go a long way in giving your fall smoothie a boost.

Oatmeal: Again, adding only 2 Tbsp of canned pumpkin to ¼ cup in warm oats is needed to reap the flavor and benefits of this fall favorite. Adding pumpkin seeds can also provide a satisfying crunch!



Self-Care: 12 Ways to Better Take Care of Yourself

Tchiki Davis, Ph.D

1. Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep.

What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. Are you eating or drinking immediately before bed? If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake.

Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload or settle a disagreement with a coworker.

Next, make sure your bedroom is the best possible place for you to get good REM sleep. It should be free of distractions (such as a television, laptop, cellphone, etc.). And make sure you have room-darkening curtains to keep the sun from waking you up too early in the mornings.

2. Take care of yourself by taking care of your gut.

Your gut health can have a significant impact on your health, well-being, and feelings of vitality. The types of foods you eat crucially impact the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes. Healing the gut can lead to an unhappy person, and vice-versa.

3. Exercise daily as part of your self-care routine.

We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight.

Of course, it might be hard to go to the gym every day, so try to incorporate other exercises, such as walking, tennis, or yoga, which may be able to fit into your schedule more easily. The most important thing is to create a routine that works for you.

4. Eat right for self-care.

The food we eat has the potential to either keep us healthy or contribute to weight gain or diseases such as diabetes, but it can also keep our minds working and alert. Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body. Some of the most amazing self-care foods include fatty fish, blueberries, nuts, green leafy veggies, and brassicas, like broccoli.

5. Say no to others, and say yes to your self-care.

Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.



6. Take a self-care trip.

Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated. These self-care trips don't have to be costly; simply drive to the next town over and see the sights, or go camping nearby. The goal is to veer away from your normal schedule and take the time to do something just for yourself.

7. Take a self-care break by getting outside.

Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you do some physical activity, like gardening, hiking, or walking while you are outside.

8. Let a pet help you with your self-care.

Pets can bring a boost to our lives. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care. Dogs especially can help reduce stress and feelings of anxiety and can even lower blood pressure. In fact, many people who suffer from disorders like PTSD have benefited from working daily with animals, which is why service dogs have become so helpful for these individuals.

9. Take care of yourself by getting organized.

Getting organized is often the first step to becoming a healthier you, because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.

10. Cook at home to care for yourself.

Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients. Even if it's only once a week, consider making a healthy meal for yourself or your whole family. You could even look into a meal delivery service or meal kit that can help you get started.

11. Read a book on self-care for self-care.

In today's fast-paced world, we tend to turn to our phones for entertainment or comfort, scrolling through news feeds that can contribute to our stress and anxiety rather than helping it. Instead, consider bringing a self-help book with you when you leave the house. Even better, bring books on self-care so that you can learn more about how to take care of yourself while you are taking care of yourself. You might be amazed at the difference it can make when you slow down instead of always looking at your phone. Not only can it help improve your mood, but it can also help you to stay more present and mindful.

12. Schedule your self-care time, and guard that time with everything you have.

It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed.

Whether you decide you want to go for a long walk, take a hot bath, or enjoy a good movie with friends, taking self-care time is imperative. Look for small ways you can incorporate it into everyday life; for example, you might wake up 15 minutes earlier to sit with a cup of tea and practice deep breathing before the chaos of the day begins, or you might take a walk around the block on your lunch break. The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life, and thrive.

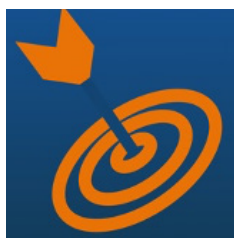
Resources

US Department of Veterans Affairs, National Center for PTSD offers self-help, education and support at your fingertips, available for both iOS and Android devices.

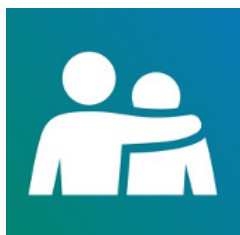
To learn more about these apps, please visit: www.ptsd.va.gov/appvid/mobile/index.asp.



The **PTSD Coach** app can help you learn about and manage symptoms that often occur after trauma.



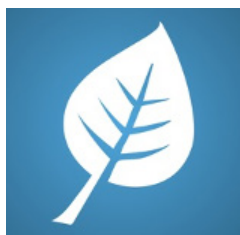
AIMS for Anger Management is designed to help you manage anger and irritability. Features include a personalized anger control plan.



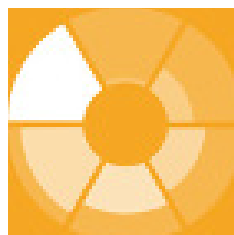
PTSD Family Coach provides support for concerned family members of those with PTSD. The app can help you learn about PTSD, how to take care of yourself, and how to manage your relationship with your loved one or children.



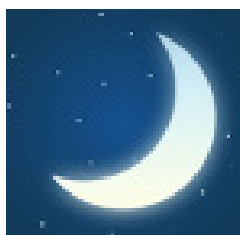
Veterans and Service members may turn to alcohol to cope with stress, trouble sleeping and other challenges. **VetChange** offers proven self-help tools that build skills to help you stop or cut back on problem drinking.



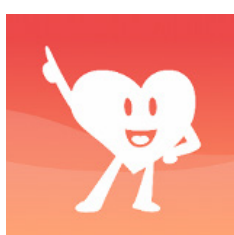
Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. **Mindfulness Coach** will help you practice mindfulness meditation.



Mood Coach is an app helps you learn and practice Behavioral Activation for managing mood. Features include Self-Monitoring capabilities for evaluating symptoms, receiving personalized feedback, and tracking symptom changes over time.



The **Insomnia Coach** app was created for everyone, including Veterans and Service members, to help manage insomnia. Features include 17 tools to help you get your sleep back on track.



The **Couples Coach** app was created for partners who want to improve their relationship and explore new ways to connect. It also includes relationship information specific to couples living with PTSD.



Concussion Coach was designed to be used in conjunction with a clinical provider but provides functionality that makes it usable by anyone interested in managing complications associated with TBI or Concussion. Features include tools for managing in-the-moment difficulties: particularly cognitive difficulties, headache, anxiety & PTSD symptoms, irritability, and difficulty sleeping.