

# Wounded Warrior

## FAMILY QUARTERLY NEWSLETTER



2019 July - September Edition



### THE UNSUNG HEROES OF THE WARRIOR GAMES

*BY MASS COMMUNICATION SPECIALIST 3RD CLASS KODY A. PHILLIPS, NAVY PUBLIC AFFAIRS SUPPORT ELEMENT EAST*



Navy Wounded Warriors pose for a photo with their families, caregivers and loved ones while attending a family event at the 2019 Warrior Games.

TAMPA, Fla. (NNS) -- As Team Navy continues to compete at the 2019 Department of Defense Warrior Games, there are crucial members of the team who never see time on the court, yet they work just as hard, sacrifice just as much and push themselves to equivalent limits as the athletes.

"There would not be a Team Navy without the families and caregivers," said Commander Navy Installations Command (CNIC) Force Master Chief Steven Timmons, who was on hand this week to cheer on the athletes as well as families and caregivers.

Carolina Dieli, wife of Team Navy athlete Aviation Electrician's Mate 3rd Class Anthony Dieli, spoke about how great it is to spend time with other caregivers and families of wounded warriors, both at the Games and family support events facilitated by Navy Wounded Warrior-Safe Harbor (NWW-SW), which is administered by CNIC.

"It's extremely important to have the support of other caregivers, because we all know what each other is going through," said Dieli. "Navy Wounded Warrior-Safe Harbor helps keep us connected, not just here at the Warrior Games but throughout the year."

Team Navy consists of 40 Sailors and Coast Guardsmen selected during trials in March hosted by NWW-SH program, which provides individually tailored non-medical assistance designed to optimize recovery, rehabilitation and reintegration activities for wounded, injured and ill Sailors and Coast Guardsmen while providing top-notch family support services.

### IN THIS EDITION:

1. 2019 Tampa Warrior Games Highlights
2. Caregiver Resources
3. Coast Guard Physical Disability Evaluation System
4. Healthy Tips from MWR Fitness



## ***THE UNSUNG HEROES OF THE WARRIOR GAMES (CONTINUED)***

An important aspect of the DOD Warrior Games is the community it builds for wounded warriors and caregivers alike. This community allows them to come together and share in the common bond of walking together on a similar journey.

NWW-SH staff works hard to ensure that families enjoy their time together during the Warrior Games and that the athletes enjoy competing, with as little stress as possible.

“The program helps a lot in getting all the families out here,” said Cliff Tomosada, husband of Team Navy athlete Aviation Electronics Technician 2nd Class Jai Cheon. “They help by organizing flights, hotel rooms, and we really don’t have to lift a finger.”

NWW-SH provides the families and caregivers of wounded warriors with a variety of support services to help make their jobs as caregivers more manageable and alleviate the stress that accompanies a major life change.

“The program has helped us realize that there’s life after active duty and that my husband is still very much a part of the Navy even though he has retired,” said Winnie Laban, wife of Team Navy athlete Utilitiesman 2nd Class Joshua Laban.

Besides providing extensive support services and resources for wounded warriors and their families, the program also provides a connection.

“We feel, as a family, that we are still very much a part of the military family as a whole,” said Laban.

The Department of Defense sponsored Warrior Games are hosted this year by the U.S. Special Operations Command (SOCOM) and events will take place throughout the city of Tampa Bay to include the Tampa Convention Center, MacDill Air Force Base and the University of South Florida.

The Warrior Games are scheduled to conclude June 30 with a closing ceremony.

### ***HIGHLIGHTS FROM WARRIOR GAMES***



Vice Adm. Mary M. Jackson, Commander, Navy Installations Command, speaks with Utilitiesman 2nd Class Joshua Laban during the 2019 Department of Defense Warrior Games at the Tampa Convention Center, June 24. (U.S. Navy photo by Mass Communication Specialist 3rd Class Kody A. Phillips)



Caregivers, loved ones and Navy Wounded Warriors cheer on Team Navy at the 2019 Warrior Games in Tampa, FL. (U.S. Navy photo by Mass Communication Specialist 3rd Class Petty Officer Louis Thompson Staats IV)

***From athlete to caregiver/ spouse:** “I’ve never been a man who is good with words. I will never be able to express how much it meant to me that you were here for this experience. Even though we didn’t get to spend much time together, just knowing that you were there in the background meant the world to me. Families truly are the backbone to this program and the world that I live in.... without a doubt, I have the best one out there. Thank you again. All my love.”*



## WARRIOR GAMES HIGHLIGHTS (CONTINUED)



Team Navy athletes, caregivers, loved ones and staff of Navy Wounded Warrior - Safe Harbor pose for a photo at the 2019 Warrior Games. (U.S. Navy photo by Mass Communication Specialist 3rd Class Petty Officer Kody Phillips)

*From family member to staff: "I also want to thank Navy Wounded Warrior Safe Harbor and Fisher House for the opportunity to attend the Games and cheer on Team Navy/Coast Guard. It was an amazing, uplifting experience for me. Two years ago this very morning, I was with my husband in the ER where he was fighting for his life. Not only did he survive, he now thrives with the help of Navy Wounded Warrior and new friends who support and care for each other. To spend ten days with other caregiving family members and friends of the athletes, to hear their stories and share our own at the hotel where we all stayed, on the bus rides to and from venues, at the events as we all cheered - really made an incredible difference. Thank you, thank you, thank you."*



Administrationman Elizabeth Smith (left) poses with her family at the 2019 Warrior Games family event, June 21. (U.S. Navy photo by Kyle Malloy).



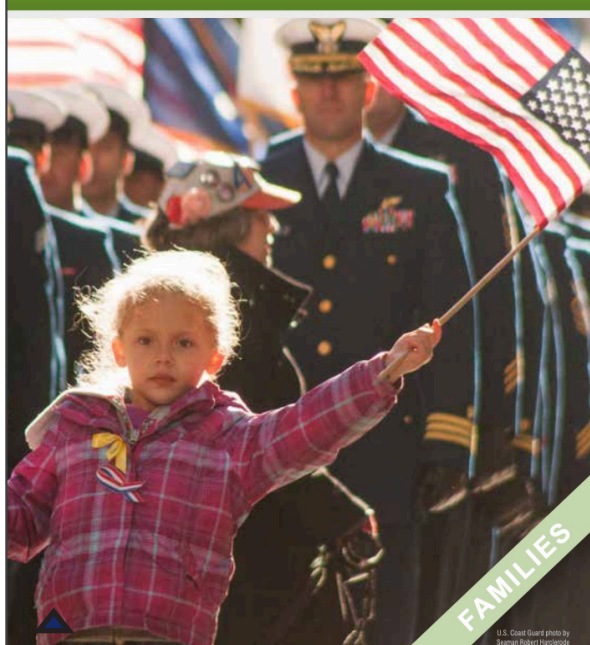
Information Technician Chief Sammy Palomo (right) poses for a photo with a loved one at the 2019 Warrior Games family event, June 21. (U.S. Navy photo by Kyle Malloy).

## CAREGIVER RESOURCES



◀ Hope for the Warriors provides support programs for service members, veterans and military families that are focused on transition, health and wellness, peer engagement and connections to community resources. Hope for the Warriors has three program areas: Transition Services, Clinical Health & Wellness, and Sports & Recreation to help service members and military families on their journey to wellness and a successful transition to civilian life.

### ADDRESSING FAMILY NEEDS

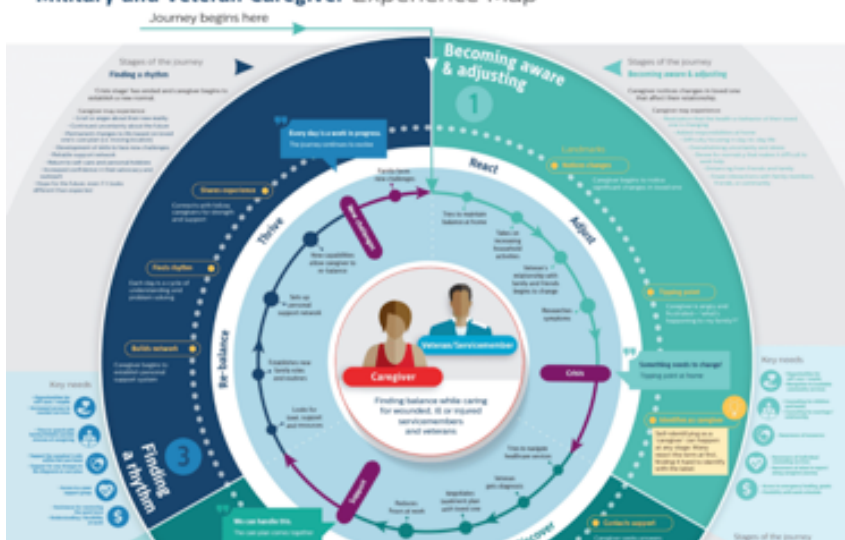


FAMILIES

Defense and Veterans Brain Injury Center  
A Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Center

▲ Do you support a service member or veteran who had a traumatic brain injury? Defense and Veterans Brain Injury Center offers fact sheets, brochures, booklets and other materials to help support those caring for or living with a loved one with a TBI. Browse the multitude of DVBIC resources at <https://dvbic.dcoe.mil/resources>

### Military and Veteran Caregiver Experience Map



▲ The Caregiver Journey Map recognizes the needs and emotions that caregivers experience throughout their journeys, as well as the opportunities for intervention where the right people, organizations and service providers can provide effective support at the right time. This map is a work in progress and continues to be updated to reflect new information and challenges faced by caregivers. Download the Caregiver Journey Map at <https://caregiverjourney.elizabethdolefoundation.org/> to identify where you are in your journey. Have your key needs been met? (You can view a higher quality version of the image on the website.)



## FOR COAST GUARD ENROLLEES ONLY: *PHYSICAL DISABILITY EVALUATION SYSTEM (PDES)*

The PDES process focuses on determining whether a member is fit or unfit for retention in a non-adversarial manner. Once the MEB report is forwarded to PSC, each medical condition will be evaluated as to whether it is unfitting. Under federal law, the Coast Guard must consider all conditions that individually or collectively render a member unfit. Each unfitting condition will be given a rating and disability percentage, which will determine whether you will be separated or retired.

### Stages of the Process

1

#### MEDICAL EVALUATION BOARD (MEB)

An MEB is convened when an injury or illness makes a member unfit for duty.

The MEB report recommends whether you are medically fit to perform the duties of your *office, grade, rank, or rating*. The MEB report is written by a medical officer and identifies conditions that do not meet retention standards.

You may consult with a PDES attorney at this stage.

2

#### INFORMAL PHYSICAL EVALUATION BOARD (IPEB)

The CG applies the VA Schedule for Rating Disabilities. A two-person board assigns your unfitting conditions a rating and disability percentage.

A PDES attorney can help you to:

- 1) *Accept* the findings,
- 2) Submit a *reconsideration* request, or
- 3) *Reject* the findings; proceed to a formal board.

3

#### FORMAL PHYSICAL EVALUATION BOARD (FPEB)

Federal law entitles you to a full and fair hearing.

A three-person board holds an administrative hearing to re-evaluate your fitness for duty and make recommendations consistent with the findings.

You have the right to appear in front of this fact-finding body to advocate for your best interests.

You can submit a rebuttal to these findings as well.

### Possible Outcomes

#### Fit for Full Duty

If you are granted a waiver or your condition is not unfitting, you return to duty.

#### Separation w/o Severance

You may be eligible for Transitional Assistance Management Program benefits.

#### Separation with Severance

If rated 20% or less,  
Monthly BASE PAY x 2  
x YRS of active  
service.

#### Temporary Retirement

If not stable/permanent, retired for up to 3 years, and periodically reevaluated.

#### Retirement

If rated 30% or more, you will be retired and receive all benefits (proportionate pay, *Tricare*, legal, etc.)

## PDES (CONTINUED)

### "What Can I Do?"

#### ► **Ask for Help.**

- You are not alone. Talk to CGSUPRT\*, your command, medical personnel, the Chaplain Corps\*, Work-Life staff, a PDES attorney\*, Navy Wounded Warrior - Safe Harbor, etc. We're here to help.

► *\*Communications with these resources are confidential.*

#### ► **Document.**

- Make sure all treatment related to your conditions are documented in your health records. Keeping a copy of all documents for your personal records can also be helpful.

#### ► **Plan Ahead.**

- Whether you are going back to the fleet or into the civilian world, there are resources you can use to help with the transition.

#### ► **Exercise Your Rights.**

- Don't be afraid to use your chain of command or to contact a PDES attorney. Federal law governs the PDES process and it can have an impact on the rest of your life.

### References

#### References

- Title 10, United States Code, Chapter 61
- PDES Manual, COMDTINST M1850.2 (series)
- Medical Manual, COMDTINST M6000.1 (series)
- Military Separations Manual, COMDTINST M1000.4 (series)
- Veterans Affairs Schedule for Rating Disabilities (VASRD), 38 CFR Book C
- PDES Info  
[www.uscg.mil/legal/LMA.asp](http://www.uscg.mil/legal/LMA.asp)

### HAVE QUESTIONS? ASK US!

• For questions regarding your medical treatment, contact your medical provider.

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• For administrative/processing questions, contact the PSC Ombudsman:  
Phone: (202) 795-6633  
Email: [PSCombudsman@uscg.mil](mailto:PSCombudsman@uscg.mil)

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• For legal consultations/advice, contact a PDES attorney:

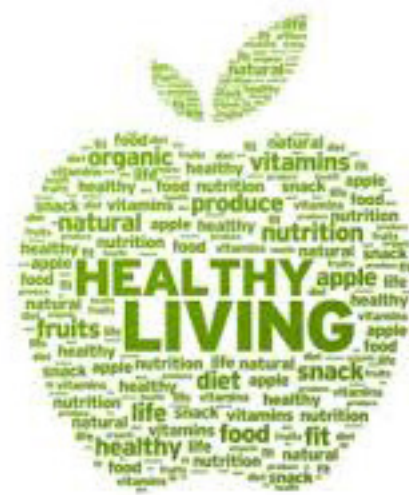
Phone: (202) 795-6918  
Email: [PDESinfo@uscg.mil](mailto:PDESinfo@uscg.mil)

All legal communications with lawyers are kept confidential. We can answer questions about waivers, retention requests, discharge characterization, etc.

# HEALTHY TIPS FROM MWR FITNESS

When it comes to weight loss, sometimes it's the smallest changes that really add up to substantial and long-lasting results. Choosing healthier snacks, parking further away, walking on breaks, swapping healthier foods into your diet and even making small tweaks to your restaurant meals can all be easy, gradual changes that add up to a healthier lifestyle.

Next time you head out to eat at a restaurant, try incorporating some of these suggestions to cut calories for weight loss:



1. Order water or iced tea instead of soda or juice.
2. Request dressing or sauce on the side and dip your fork to use less amounts.
3. Choose steamed over sautéed veggies.
4. Order a chicken breast instead of the thigh or leg.
5. Request no croutons on your salad.
6. Choose a burrito bowl instead of a traditional tortilla-wrapped burrito.
7. Request less cheese on your pizzas and sandwiches.
8. Opt for a lettuce wrap instead of a hamburger bun.
9. Ask for double veggies in place of rice pilaf, potatoes or fries.
10. Request less cheese on your salad.
11. Skip the chips at Mexican restaurants.
12. Request no oil or butter used on burger buns or grilled sandwich bread.
13. Replace the pepperoni or sausage on your pizza with grilled chicken or veggies.
14. Order grilled choices instead of fried.
15. Choose whole beans over refried.
16. Order thin crust instead of classic pan crust pizza.
17. Flavor salad with vinegar (or clear dressing like Italian) instead of a creamy dressing like ranch or blue cheese.
18. Follow the "rule of two" (just two indulgences instead of an entirely indulgent meal).
19. Replace syrup with fresh fruit on pancakes and waffles.
20. Order sorbet instead of ice cream.
21. Swap your glass of wine with a wine spritzer.
22. Replace grilled and sautéed veggies on your burger with fresh veggies.
23. Request egg whites in place of whole eggs.
24. Opt for soft tacos instead of crispy tacos at Mexican restaurants.
25. Order a green salad instead of a Caesar salad.

Many restaurants now provide nutrition information to help guests make the best decisions. Try comparing the calories in several menu choices to help you find lower calorie options that you can enjoy before you even step into the restaurant. What small tweaks do you make to cut calories in restaurant meals for weight loss?

For more info, contact your registered dietitian.