

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER

January - March 2021



Happy New Year!

A New Year brings us new hopes. Navy Wounded Warrior wishes you and your family a wonderful year ahead. Cheers to a safe and healthy 2021!

In this edition:

- Happy New Year
- Mindful Meditation Resources
- Pen, Paper and Peace: Finding Zen with Zentangle
- Caregiver Coffee Break
- 2020 Navy Wounded Warrior of the Year: IT1 Ruth Freeman

MINDFUL MEDITATION RESOURCES

Studies have shown that mindfulness meditation can positively impact mental and physical health. Whether it's by reducing stress, improving sleep, increasing focus or improving relationship, research shows mindfulness works. Improve sleep and reduce stress with these meditation apps.



Headspace offers a free 10-session Basic course, which teaches both how and why to meditate and explains the benefits of regular practice.



Overcome anxiety, fall asleep and discover powerful ways to cope with real-life challenges with the **Breathe** app.



Petit BamBou offers a catalog of guided meditations organized by theme that contains more than 330 lessons, including eight free sessions in the Discovery program. The meditations cover topics such as sleep, stress management and benevolent parenting.



Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety and more restful sleep with guided meditations, Sleep Stories, breathing programs, master classes and relaxing music.

PEN, PAPER AND PEACE: FINDING ZEN WITH ZENTANGLE

November 26, 2020 | Story by Megan Trexler | Commander, Navy Installations Command

WASHINGTON -- Zentangle has become an international phenomenon that has applications in stress reduction, education, therapy and even motivational training. Trademarked in 2003 by Rick Roberts and Mary Thomas who drew inspiration by ancient Zen philosophy, Roberts and Thomas combined their insights and talents to create the method of drawing easy-to-learn, relaxing, structured patterns, often in black pen on white paper.

In honor of Warrior Care Month, Navy Wounded Warrior hosted three virtual Zentangle classes during November 2020 to promote stress reduction healing for it's community. Participants learned how to create Zentangle patterns and arrange them in pleasing geometric layouts.

Elizabeth Smith, who has been enrolled in Navy Wounded Warrior for about two years, was encouraged to attend the virtual events. Smith is well-familiar with Navy Wounded Warrior events and opportunities, having participated in many adaptive sports events and represented Team Navy during the 2019 Warrior Games. However, this was her first non-adaptive sports Navy Wounded Warrior event.

"I really enjoyed the Zentangle class. It's not something that I thought I would ever try, but I am glad I did. It was calming on not too physical on my body," Smith said.

Zentangle art is spontaneous and free-flowing, which allows the participants to focus on each stroke, rather than being caught up on the end result. Described by many as meditative doodling, people can learn different patterns and string theme together to create detailed drawings.

Smith shared that even after one session, "Zentangle helped me to reduce stress, calm me down and focus on one thing at a time. Not only did I feel joy while doing it, but I also felt relaxed afterwards."

Zentangle practices have been attributed to helping people entering a meditative state and is often referred to as "yoga for the brain."

As the virtual Zentangle class went on, participants followed Zentangle's mantra of one stroke at a time" and is the practice of mindfully creative beautiful images from repetitive, structured patterns.



Smith said, "It means quite a bit that Navy Wounded Warrior offers virtual events. A lot of us are either alone or have only seen our immediate families during the pandemic. Seeing familiar faces and meeting new people during the virtual events has been great. It gives me an outlet with everything going on."

Navy Wounded Warrior is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program 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.

CAREGIVERS, TAKE A BREAK!

What began as a limited, four-part series offering caregivers resiliency tips and a chance to discuss concerns with others facing similar challenges, is now an ongoing opportunity.

Happening every Tuesday at 12 p.m. EST / 9 a.m. PST, the 30-minute events aim to bring together friend and family members who provide care and support to wounded, ill and injured service members. Military caregivers will have an opportunity to network, share personal stories and learn more on the weekly discussion topics. The virtual Caregiver Coffee Break is open to all caregivers of Navy Wounded Warrior enrollees.

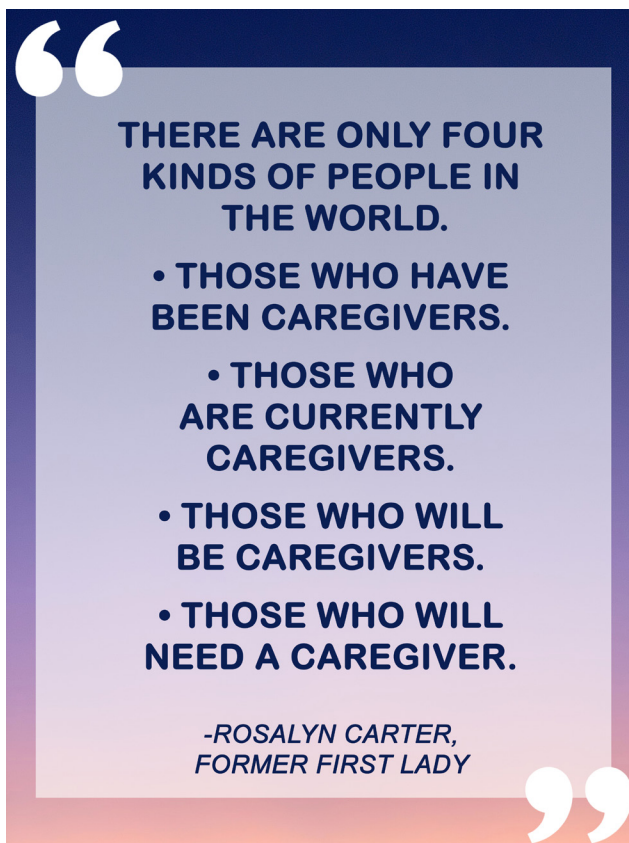
Topics discussed include stress management, resilience, communications and more. Guest speakers share a quick 10-15 minute presentation so the remaining time caregivers can ask questions, discuss strategies and support each other.

Caregivers currently participating in the coffee breaks have told their families they are not to be disturbed during the coffee sessions and further stated:

- *"This was helpful."*
- *"I didn't know I was a caregiver until this morning."*
- *"I realized how vital my support was to his career."*
- *"Being able to learn from and also communicate with other care givers is such a wonderful resource."*
- *"Thank you so much for including me in the caregiver coffee break classes. As a caregiver they have been more helpful than I ever imagined."*

January coffee breaks will focus on caregiver support services, **February** breaks will key on relationships and **March** will center on self-care. Mark your calendars with the upcoming dates:

- | | | |
|--------------|---------------|------------|
| • January 5 | • February 2 | • March 2 |
| • January 12 | • February 9 | • March 9 |
| • January 19 | • February 16 | • March 16 |
| • January 26 | • February 23 | • March 23 |
| | | • March 30 |



Caregiver Coffee Breaks utilize the GoToMeeting app, which is free to download on your Android or iPhone. To receive the GoToMeeting invite and link, email susan.hieb@navy.mil. Once you register, you may join any weekly discussion as your schedule permits. Join the virtual coffee break today!

2020 NAVY WOUNDED WARRIOR OF THE YEAR: IT1 RUTH FREEMAN

Congratulations to U.S. Navy Information Systems Technician First Class Ruth Freeman, selected as Navy Wounded Warrior of the Year by Navy Safe Harbor Foundation.

Nominated by Navy Region Mid Atlantic, IT1 Freeman has endured multiple surgeries and radiation treatment at both Naval Medical Center Portsmouth (NMCP) and Walter Reed National Military Medical Center (WRNMMC). Despite facing significant challenges due to her illness, IT1 chooses to embrace life and experience new adventures whenever possible. She is an inspirational person and always bears a smile. IT1 Freeman performs her military duties with dedication and professionalism.

Likewise, she demonstrates a level of motivation and determination to achieve new goals in her personal life. She has the respect and support of her Command and is compliant with her medical care requirements. She is a natural leader, possessing a positive attitude and team focus, which helps in motivating others to be and do their best.

She is actively pursuing her education (B.S. in Cybersecurity); she continues to share her stories, struggles and accomplishments to show others that they can find a new normal and still be active regardless of injuries, medical conditions, or life altering situations.



TAMPA, Fla. (June 30, 2019) Petty Officer 1st Class Ruth Freeman, Team Navy, serves the ball during the 2019 DoD Warrior Games sitting volleyball gold medal match at Yuengling Center in Tampa, Florida.

Photo by Petty Officer 1st Class Jonathan Trejo

IT1 Freeman actively participates in adaptive athletics including the USO Outdoor Adventure Team, Get Set 4 All, Virginia Beach Veteran's Rowing Family, USA Cycling, US Rowing programs, Warrior Games as part of Team Navy and was selected to represent Team US at the next Invictus Games. She has gained the trust of the many teams and groups she affiliates with, has motivated those needing a little extra encouragement and provides support and a listening ear to her shipmates.

Navy Safe Harbor Foundation will present the Wounded Warrior of the Year award to Petty Officer Freeman in a private ceremony in January, in compliance with CDC guidelines. We wish IT1 good health and continued success.