

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



2018 Fall Edition



Autumn greetings from Navy Wounded Warrior!

IN THIS EDITION:

- Spouse Employment
- Lessons from Transitioned Warriors
- Jacksonville RESET
- Meal Planning

ADVICE FROM RETIRED WOUNDED WARRIORS

Navy Wounded Warrior staff had the opportunity to hear from a panel of three Navy Wounded Warrior enrollees and one caregiver who shared their experience as they transitioned from active duty to civilian status.

The common theme and advice from both retired and medically retired warriors was “put your pride aside and accept help.” These enrollees admitted that they attended CRP meetings with an attitude “I’m good, I don’t need help” when that was not the reality.

The best advice from a transitioned warrior is “accept your illness/injury and your new norm; know that life is not over, you can still be a version of you.”

Most important lesson learned if you are placed on Temporary Disability Retirement List (TDRL) status: do not skip medical appointments or let TDRL expire before your final appointment. This has resulted in loss of all benefits including TRICARE for self and family, DEERS, Commissary, Exchange, and retiree compensation for some wounded warriors.

In addition, if you are signed up for Survivor Benefit Plan (SBP) and are not certain whether you are making payments, contact DFAS immediately, because if left unpaid, you will incur a large debt at the end of your TDRL. While Navy Wounded Warrior staff can assist with getting these benefits corrected and restored, it can take months, and cause unnecessary hardship on you and your family.

Other tips for those who will be moved from the Temporary to Permanent Disability Retirement List:

PAGE 1

SPOUSE EMPLOYMENT CAREER OPPORTUNITIES

1. LINKEDIN recently signed an MOU with DOD to upgrade PCS’s spouses account to a premium account for free, this is a big initiative for Military Spouses at this time.

Please join MSEP Partner LinkedIn Discussion to engage human resources professionals from MSEP partner Blackstone Career Institute, an organization that offers career training programs that will help adult learners train for a new career, gain a competitive edge, or learn the skills they need in today’s competitive job market.

Online November 8, 2018 at 12:00 PM EST

2. Online Webinar: Navigating the Federal Hiring Process

Navigating the Federal Hiring Process for first-hand tips that will help you understand the federal hiring process and determine if a federal position works for your mobile military life.

November 14, 2018 at 2:00 PM EST

3. Social Media Discussion

Tune into our MSEP Partner Connect to discover new employment resources and services by connecting with key human resources professionals and hiring managers from Premier Medical Staffing, a health care staffing firm that offers medical professionals temporary, contract and travel opportunities throughout the nation.

November 15, 2018 at 3:00 PM EST

For registration please visit:

<https://myseco.militaryonesource.mil/portal/home/eventdetails> OR visit your Fleet and Family Support Center for additional information



***Update your Retired ID card (DEERS)
Toll-free: 1-800-538-9552***

When you are moved from the Temporary to the Permanent Disability Retirement List, you must take the PDRL letter to a DEERS office to get a new ID card for you as well as a new ID card for all of your dependents; doing so will allow TRICARE to verify your continued TRICARE eligibility.

<https://www.dmdc.osd.mil/rsl/appj/site?execution=e2s1>

<https://www.tricare.mil/Plans/Eligibility/DEERS/RequiredDocuments>

Contact Tricare when getting in touch with DEERS. In order to continue coverage of Tricare, enrollment must be verified and updated with the Region.

Once you are permanently medically retired from the military, your medical

care may continue to be provided by TRICARE, or you may also be eligible to receive medical care from the VA. To receive health care at the VA, you generally must enroll using VA Form 10-10EZ, Application for Health Benefits. In order to use TRICARE you must enroll in DEERS.

Verify and update point of contact information, to include home address, telephone number, email address and next of kin information.

It is very important to remember that if you move you must update your address in DEERS. Keep in mind that eligibility to receive care under any TRICARE plan is dependent upon you and your dependents being registered in the DEERS.

Retired Service members are automatically registered in DEERS, but you must also ensure that eligible family members are registered. It is critical that family members be accurately registered in DEERS because approval of TRICARE claims for their health care expenses depends upon it. Any personnel office that issues military ID cards can verify and update your information in DEERS.

Verify TRICARE Coverage:

You will get Medicare coverage automatically if you have received Social Security disability benefits for 24 months. If you are entitled to Medicare Part A based on disability contact TRICARE to find out how this may affect your TRICARE benefits. You may need to be enrolled in Medicare Part B to keep your TRICARE coverage.

It's important to remember that if you are entitled to Medicare Part A (Hospital Insurance) and Part B (Medical Insurance), TRICARE provides Medicare "wraparound" coverage. TRICARE For Life (TFL) is Medicare-wraparound coverage for TRICARE-eligible beneficiaries who have Medicare Part A and B. Medicare will always be the primary payer for beneficiary benefits, and TRICARE serves as a supplement, paying the Medicare deductible and your patient cost share.

If you have any questions, call Navy Wounded Warrior at 855-NAVY-WWP (628-9997).



NAVY REGION SOUTHEAST - JACKSONVILLE PILOTS WOUNDED WARRIOR RESET EVENT

By MC2 DEVIN BOWSER/ NAVY PUBLIC AFFAIRS SUPPORT ELEMENT SOUTHEAST DETACHMENT

PUBLISHED IN JAXAIRNEWS

Commander, Navy Region Southeast (CNRSE) held the Navy Wounded Warrior Safe Harbor RESET event Sept. 5-8. The event provided employment opportunities, transition-assistance education and recreation for wounded warriors. "The goal is to provide those enrolled in the Navy Wounded Warrior program and their caregivers an opportunity to "R-E-S-E-T", which is an acronym for Recreation, Employment, Support, Education and Transition," said Lt. Cmdr. Therese Pederson, CNRSE Navy Wounded Warrior-Safe Harbor regional event coordinator.

"The event provides information on benefits, entitlements and resources for the warriors as well as fosters a support community."

Fleet and Family Support Centers (FFSC) from Naval Air Station Jacksonville, Naval Station Mayport and Naval Submarine Base Kings Bay began the week's events by hosting a job fair that connected retired and active-duty military members with local and national employers.

"We don't want to see any homeless veterans," said Ciara Bundrige, FFSC family employment readiness program coordinator.

"We want to see everyone gain employment after his or her military career and have as much success in their post military lives as they did while they were active duty."

Current and former Sailors in the Jacksonville area were provided the opportunity to gain potential employment via the tri-base job fair for which access was extended to the attendees of the RESET event pilot program.

"Through this event, a peer-support community is established with the use of CREDO [Chaplains Religious Enrichment Development Operation] provided work shops, which are forum-based to encourage open dialog and the sharing of experiences in a group setting," said Pederson.

"Growth of new relationships is encouraged through the evening social activities and recreation. The CREDO-led workshops also include sessions for transition, allowing the warrior time to develop potential ideas for creating a new roadmap for their lives and leveraging the ideas of others who are in a similar process."

Navy Wounded Warrior-Safe Harbor helps to coordinate the non-medical care of wounded, ill and injured Sailors.

NWW-Safe Harbor provides resources and support to Sailors and their families.

"I retired two years ago from the Navy," said Raymond Charest, FFSC work and family life consultant.

"Retiring was a scary transition for me. I have a passion to make sure that our Sailors and spouses are set up in the civilian sector. I want to make sure that they have the tools to succeed outside the gate."

CREDO WORKSHOP

Caregivers also had the opportunity to participate in the CREDO-led workshop, and join Ms. Joanne Villaflor, MS, RDN, CSSD, LD, Performance Enhancement Dietitian from Navy MWR Fitness at Whole Foods to discuss nutrition and education on food products, labels and choices.



MEAL PLANNING FOR SUCCESS

Here are some basic meal-planning facts and tips to help you get started:

- Eat at regular times
- Foods high in fiber may help you feel full and may lower your blood sugar and cholesterol levels if high:

–Soluble fiber attracts water and turns to gel during digestion, slowing digestion and the rate of nutrient absorption from the stomach and intestines (foods such as oats, barley, nuts, seeds, peas, beans, lentils, some legumes, and some fruits and vegetables)

–Insoluble fiber adds bulk to the stool and may aid in increasing the speed in which food passes through the intestines (foods such as wheat and whole-wheat products, some vegetables, and whole grains)

- Drink water or diet drinks for weight management
- Prepare raw vegetables ahead of time, so they are ready when the urge to snack hits
- Place a fruit bowl on the table or keep cut-up fruit in the refrigerator, so you are more likely to achieve your target of three to five servings/day

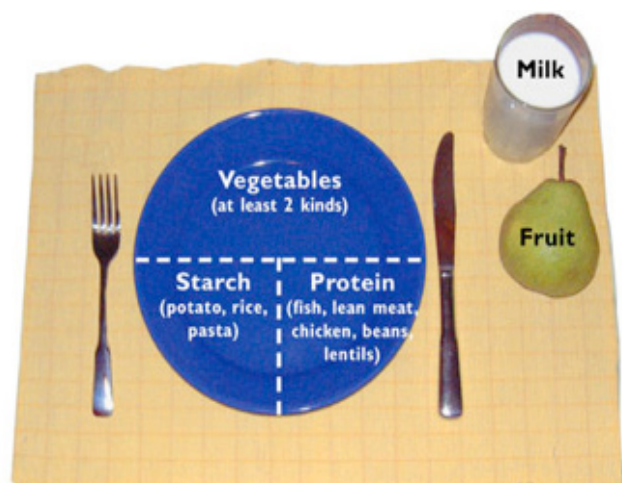
Taking a good look at your plate before you put food on it is another way to help create a healthy meal. Here's how:

Vegetables

Fill one half of your plate with vegetables, at least two kinds. Vegetables are very high in nutrients and low in calories.

Starchy foods

Fill one quarter of your plate with starchy foods. Choose whole-grain breads and cereals, rice, pasta, noodles, or potatoes at every meal. Starchy foods are broken down into glucose, which your body needs for energy.



WARRIOR SPOTLIGHT

Congratulations to Wounded Warrior Hospital Corpsman 3rd Class (IW) Jared Lenahan, who competed in the World Championship Para Climbing competition in Innsbruck, Austria in September! Jared was an avid rock climber prior to his injury in 2014 but he was determined to return to the sport despite a long recovery process. We wish him well as he continues his rehabilitation and trains for future events!



Photo credit: Tom Condie

Protein

Fill one quarter of your plate with protein. Include fish, lean meats, low-fat cheeses, eggs, or vegetarian protein choices, such as beans and lentils, as part of your meal.

Milk and fruit

Add a glass of milk and a piece of fruit, and your meal is complete!

Portions in planning a meal

Hands are very useful in estimating appropriate portions. They are always with you, and they are always the same size!

When planning a meal, use the following diagram portion sizes as a guide:

Carbohydrates (starch and fruit)
Choose an amount the size of two fists.

Protein

Choose an amount the size of the palm of your hand, and the thickness of your little finger.

Vegetables

Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables, such as green or yellow beans, broccoli, or lettuce.

Fat

Limit fat to an amount the size of the tip of your thumb.

Beverages

Drink no more than 250 milliliters (mL) or 8 fluid ounces (fl oz) of low-fat milk with a meal.

Meal ideas

Breakfast

- High-fiber English muffin
- 2 slices low-fat cheese
- 1 orange or 1 cup (C) of melon
- 8 fl oz skim milk

Lunch

- 1 whole-wheat/whole-grain pita or 2 slices whole-grain bread
- 3 oz lean protein (turkey, roast beef, or ham)
- Green leaf lettuce
- 1 teaspoon (tsp) reduced-fat mayonnaise
- 6–8 ounces (oz) low-fat yogurt

Snack

- 1 apple or ½ C blueberries or strawberries

Dinner

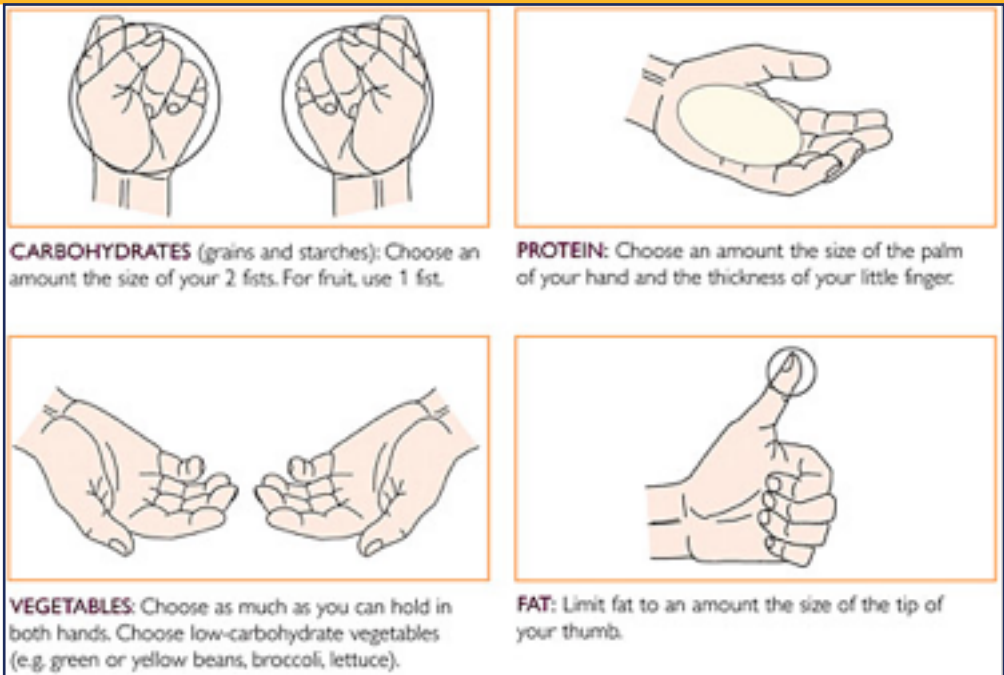
- Green salad with low-fat dressing
- 3 oz lean protein (fish, chicken, or beef)
- ½ sweet potato or ½ C whole-wheat pasta
- 1 pear
- 8 fl oz skim milk

Evening Snack (if desired or needed)

- 2 tablespoons (Tbsp) peanut butter
- 3–4 whole-grain crackers
- 8 fl oz skim milk

Dinner example

- Teriyaki salmon
- Easy vegetables
- Blueberry Treat



Broiled Teriyaki Salmon

Makes 2 servings

- 1 salmon fillet (6 oz)
- 1 Tbsp lemon juice
- 1 Tbsp low-sodium teriyaki sauce
- 1 tsp sesame oil
- 2 lemon slices

-Set the oven on broil, and prepare a broiler pan with cooking spray.
-Rinse the salmon, and cut into two 3-oz pieces. Combine the lemon juice, teriyaki sauce, and sesame oil. Place the salmon fillets on the prepared pan, and brush with half the sauce.
-With the pan 5" from the heat, broil for 4 minutes. Turn the fish over and baste with the remaining sauce. Broil for 4 minutes, or until lightly browned and cooked through. Garnish with a lemon slice.

Per serving: 155 calories, 17 grams (g) protein, 3 g carbohydrate, 8 g fat (1 g saturated fat, 3 g monounsaturated fat, 3 g polyunsaturated fat), 47 milligrams (mg) cholesterol, 0 g fiber, 148 mg sodium



Steamed Broccoli With Roasted Red Pepper

Makes 2 servings

- 2 C chopped broccoli (fresh or frozen)
- 1 Tbsp thinly sliced, jarred, roasted red peppers

Steam the broccoli until tender. Drain and top with roasted red pepper slices.

Per serving: 27 calories, 3 g protein, 5 g carbohydrate, 0 g fat, 0 mg cholesterol, 3 g fiber, 39 mg sodium



Red Leaf Lettuce Salad

Makes 2 servings

- 4 red lettuce leaves
- 1 carrot, shredded
- 2 thin slices red onion
- ½ C canned garbanzo beans, rinsed
- 6 grape or cherry tomatoes, halved
- ½ tsp Dijon mustard
- 2 Tbsp red wine vinegar
- 1 Tbsp olive oil
- Dash black pepper
- 1 Tbsp thinly sliced almonds

Wash, dry, and tear the lettuce into bite-sized pieces. Add to a bowl with the carrot, onion, beans, and tomatoes. Whisk together the mustard, vinegar, olive oil, and black pepper. Pour over the vegetables and toss. Top with sliced almonds.

Per serving: 183 calories, 5 g protein, 20 g carbohydrate, 10 g fat (7 g monounsaturated fat, 1 g saturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 7 g fiber, 181 mg sodium



Blueberry Barley Yogurt

Makes 2 servings

- 1 C low-fat or nonfat vanilla yogurt
- 1 C cooked barley
- Dash cinnamon
- 1 C fresh or frozen blueberries, unsweetened

In a small bowl, combine the yogurt and barley. Sprinkle cinnamon over top. Divide between two dessert dishes. Top each with ½ C blueberries.

Per serving: 183 calories, 6 g protein, 40 g carbohydrate, 0 g fat, 3 mg cholesterol, 5 g fiber, 77 mg sodium

