

# Wounded Warrior FAMILY QUARTERLY NEWSLETTER



April - June 2022

## APRIL IS MONTH OF THE MILITARY CHILD.

With its start in the mid-1980s, the Pentagon and other military support organizations and agencies use the month to recognize military kids for their sacrifice and bravery on the homefront. Activities and events typically occur in local communities to bring awareness of the needs of military children and honor the sacrifices made by military families.

Several agencies offer Summer Camp experiences for children and adolescents of wounded, ill and injured service members. Check the following websites for updates.

[www.campcorral.org](http://www.campcorral.org)

[www.operationwearehere.com/militarychildrenamps.html](http://www.operationwearehere.com/militarychildrenamps.html)

[www.militarybenefits.info/free-or-discounted-summer-camps](http://www.militarybenefits.info/free-or-discounted-summer-camps)

**APRIL IS NATIONAL SPORTS MONTH.** Fitness and teamwork are a way of life in the military. Serious illness or injury can profoundly impact that way of life, often confining a service member to a hospital bed and significantly altering their physical capabilities.

Adaptive athletics are sports that have been modified to meet the abilities of injured or ill individuals. They help wounded warriors build strength and endurance, while also drawing inspiration from their teammates.

All wounded warriors enrolled in Navy Wounded Warrior are encouraged to include adaptive athletics in their recovery plans to build strength and endurance. Sports also helps build self-esteem, lowers stress levels and prevents secondary medical conditions from developing.

For more information about Navy Wounded Warrior's adaptive sports program, visit [www.navywoundedwarrior.com/recovery/adaptive-athletics](http://www.navywoundedwarrior.com/recovery/adaptive-athletics)



## In this Edition:

- **Upcoming Events**
  - April is Month of the Military Child
  - April is Adaptive Sports Month
  - May 6 is Military Spouse Appreciation Day
  - May is Military Appreciation Month
- **Navy Region Southeast R.E.S.E.T. Event**
- **VA Peer Support Mentoring Program**
- **Navy Wounded Warrior Adaptive Sports Intro Camp**

  @NavyWoundedWarrior



**MAY 6 IS MILITARY SPOUSE APPRECIATION DAY**, a day set aside to acknowledge the significant contributions, support and sacrifices of spouses of the Armed Forces. Look for special events and programs in your area to inform, honor and recognize military spouses.

Navy Wounded Warrior plans to honor military spouses in honor of Military Spouse Appreciation week. Check out the Navy Wounded Warrior [Facebook](#) and [Instagram](#) pages for daily posts and updates.

Want to honor your loved one during the 2021 Military Spouse Appreciation campaign? Email [megan.trexler@navy.mil](mailto:megan.trexler@navy.mil) for more information.

View benefits, scholarships, grants and job opportunities for military spouses online at [militarybenefits.info/5-top-military-spouse-benefits/](http://militarybenefits.info/5-top-military-spouse-benefits/)

**MAY IS MILITARY APPRECIATION MONTH.** 365 days a year, 7 days a week and 24 hours a day, members of the U.S. military are on call around the world, defending the interests and security of the nation. We encourage everyone to take an opportunity to express gratitude to them, and their families, for all that they do every day. Join us in saluting our Sailors and Coast Guardsmen, as well as all service members for their sacrifices and dedication to our nation.





## NAVY REGION SOUTHEAST R.E.S.E.T EVENTS (RECREATION, EMPLOYMENT, SUPPORT, EDUCATION, TRANSITION)

### Navy Region Southeast

In March, Navy Region Southeast's Navy Wounded Warrior Program is hosted a R.E.S.E.T for Navy Wounded Warrior enrollees, caregivers, and family members. The event featured various guest speakers, adaptive recreational water activities, and more!



*Navy Region Southeast's Navy Wounded Warrior community members participating in a R.E.S.E.T event in March 2022.*

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## RESOURCES

### VA Peer Support Mentoring Program

The VA Caregiver Peer Support Mentoring Program is available for general and family caregivers for all Veterans. The program was developed to strengthen relationships between caregivers, to provide an opportunity for networking and to empower caregivers to help one another.

For more information about the VA Peer Support Mentoring Program, visit [www.caregiver.va.gov/support/Peer\\_Support\\_Mentoring\\_Program.asp](http://www.caregiver.va.gov/support/Peer_Support_Mentoring_Program.asp)

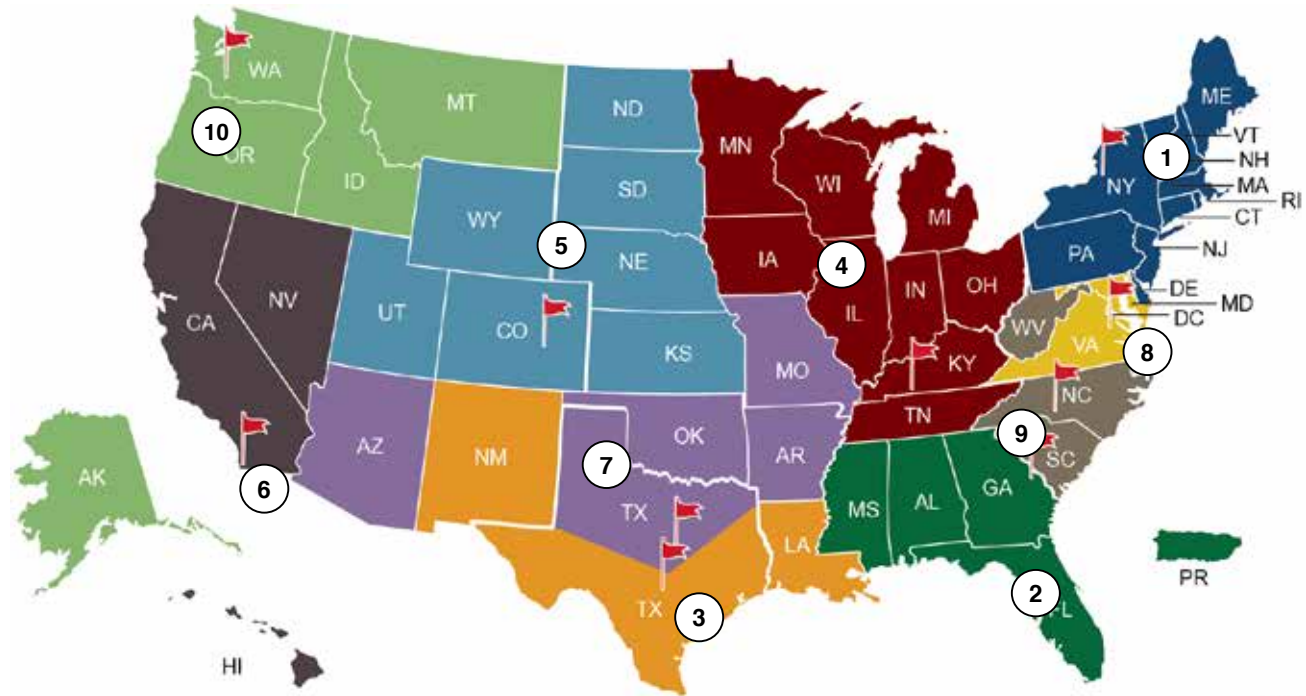




# Wounded Warrior Family Quarterly Newsletter

April - June

## PEER Support Coordinator (PSC) Locations



= Region Peer Support Coordinator Locations      = Region Number

2278

	<b>FORT DRUM, NY REGION 1</b>	<b>FORT GORDON, GA REGION 2</b>	<b>SAN ANTONIO, TX REGION 3</b>	<b>FORT CAMPBELL, KY REGION 4</b>	<b>FORT CARSON, CO REGION 5</b>
<b>Locations:</b>	Dover AFB, DE Fort Drum, NY Joint Base Maguire-Dix-Lakehurst, NJ	Fort Benning, GA Fort Gordon, GA Fort Stewart, GA Hurlburt/Eglin AFB, FL Naval Hospital Jacksonville, FL	Joint Base San Antonio, TX Center for the Intrepid - Fort Sam Houston, TX San Antonio Military Medical Center (SAMMC/BAMC), TX	Fort Campbell, KY Fort Knox, KY Wright Patterson AFB, OH	Fort Carson, CO Fort Riley, KS Peterson AFB, CO
<b>States:</b>	DE, CT, MA, ME, NH, NJ, NY, PA, RI, VT	AL, FL, GA, PR	LA, NM, TX	IA, IL, IN, KY, MI, MN, OH, TN, WI	CO, ND, SD, NE, KS, UT, WY
<b>PSC:</b>	Tonia Russell Telephone: 315-481-1585 Tonia.d.russell2.ctr@mail.mil RussellTD@magellanfederal.com	Belinda Sell Telephone: 703-447-0715 Belinda.y.sell.ctr@mail.mil SellBY@magellanfederal.com	Tabetha Lamb Telephone: 210-214-6680 Tabetha.q.lamb.ctr@mail.mil Lambt2@MagellanFederal.com	Max Dolan Telephone: 910-709-2142 Max.r.dolan.ctr@mail.mil DolanMR@magellanfederal.com	Andrea Ryan Telephone: 719-323-4760 Andrea.K.Ryan.ctr@mail.mil RyanAK@magellanfederal.com
	<b>SAN DIEGO, CA REGION 6</b>	<b>FORT HOOD, TX REGION 7</b>	<b>ALEXANDRIA, VA REGION 8</b>	<b>FORT BRAGG, NC REGION 9</b>	<b>JBLM, WA REGION 10</b>
<b>Locations:</b>	29 Palms, CA Camp Pendleton, CA Naval Medical Center San Diego, CA Nellis AFB, NV JB Hickam-Pearl Harbor, HI	Fort Hood, TX Luke AFB, AZ	Andrews AFB, MD Fort Belvoir, VA Fort Lee, VA Walter Reed National Military Medical Center, MD	Camp Lejeune, NC Fort Bragg, NC Pope AAF, NC	Fort Wainwright, AK Joint Base Lewis-McChord, WA Malmstrom AFB, MT Mountain Home AFB, ID
<b>States:</b>	CA, HI, NV	AR, AZ, MO, OK, TX	DC, MD, VA	NC, SC, WV	AK, ID, MT, OR, WA,
<b>PSC:</b>	Rhonda Smoot Telephone: 571-422-2371 Rsmoot@amsgcorp.net Rhonda.j.smoot.ctr@mail.mil	Jamela Davis Telephone: 254-258-9270 Jamela.s.davis.ctr@mail.mil DavisJS@magellanfederal.com	Belinda Sell Telephone: 703-447-0715 Belinda.y.sell.ctr@mail.mil SellBY@magellanfederal.com	Max Dolan Telephone: 910-709-2142 Max.r.dolan.ctr@mail.mil DolanMR@magellanfederal.com	Bobby Silva Telephone: 703-483-5978 Bobby.D.Silva.ctr@mail.mil SilvaBD@magellanfederal.com



## NAVY WOUNDED WARRIOR ADAPTIVE SPORTS INTRO CAMP

Twenty-two recovering wounded, ill or injured Sailors and Coast Guards participated and trained at the week-long camp from March 6-12, 2022 at Port Hueneme, California. Warriors participated in a series of sports including archery, cycling, golf, indoor rowing, shooting, swimming, sitting volleyball, and wheelchair basketball.

The Adaptive Sports Camp introduced participants to athletic activities modified to meet the abilities for the individuals to enhance their recovery. The goal of the camp was to help wounded warriors build strength and endurance, while also drawing inspiration from their teammates.

“We encourage all of our wounded warriors to participate in the (adaptive sports) program. For many, this is a lifeline for them during their recovery journey,” said Lizbeth Opiola, Navy Wounded Warrior Adaptive Sports and Recreation program analysis. “The events allow them to be around other people that know what it’s like to be injured or ill.” Opiola continued, “It helps establish a bond that some feel like they may have lost due to their injury or illness.”

For many participants, this was the first adaptive sports event before they will compete in the 2022 Navy Team Trials held from May 15-27 in San Diego, California. The Navy Team Trials are used to identify which athletes will be selected to represent Team Navy during the 2022 Department of Defense Warrior Games in mid-August.

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.

All wounded warriors enrolled in Navy Wounded Warrior are encouraged to include adaptive athletics in their recovery plans to build strength and endurance. Sports also helps build self-esteem, lowers stress levels and prevents secondary medical conditions from developing.

The Department of Defense Warrior Games are a Paralympic-style competition among more than 200 wounded, ill and injured service members from all branches of the U.S. military, as well as from international armed forces.

To follow along the athletes during the 2022 Team Navy Road to the Warrior Games, visit [www.navywoundedwarrior.com/2022-adaptive-sports](http://www.navywoundedwarrior.com/2022-adaptive-sports)

