

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER

April - June 2021



CALLING ALL CAREGIVERS

Take a break and join the virtual Caregiver Coffee Break events. **Happening every Tuesday at 12 p.m. EST / 9 a.m. PST**, the 30-minute discussions 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.

Mark your calendar with the April's dates. Stay tuned for May and June's topics.

- April 6: Elizabeth Dole Foundation - Caregiver Respite Program
- April 13: Caregiver Story
- April 20: Navy Wounded Warrior
- April 27: FERP Caregiver Resources

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!

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- Snack Pairing Tips
- Month of the Military Child
- Military Spouse Appreciation
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 - VA Benefits and Services
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 - Navy-Marine Corps Relief Society

Upcoming Dates:

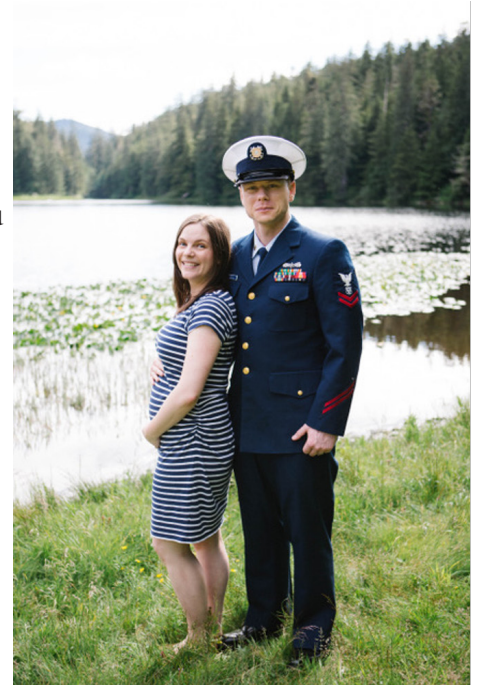
- April - Month of the Military Child
- May - Month of the Military Caregiver, Gold Star Awareness Month, and Mental Health Awareness Month
- May 7 - Military Spouse Appreciation Day
- May 9 - Mother's Day
- May 31 - Memorial Day
- June - PTSD Awareness Month
- June 20 - Father's Day

A SUCCESS STORY

Story by Heidi Weller

If you met JC Scott today you would see a passionate and talented Farmer, active in his community and church, fulfilling his dream of a large family and a happy marriage. You might talk to him at his Rocking JS Coffee Company & Produce Cart or perhaps you would meet him at his children's school, or you might attend one of his classes on chicken tending. What you wouldn't see is his resilience on the face of a significant and life altering injury incurred in the line of duty.

JC's life changed while attending the Coast Guard's Maritime Safety Response Team (MSRT)-Counter Terrorism Assault Team training. He took a 10-foot fall, fracturing his T4 vertebrae. True to the Coast Guard motto, Semper Paratus – Always Ready – JC got up from that fall and completed his training, earned a spot on the MSRT and continued toward his goal of a full Coast Guard career. This plan changed however, when the fall left him with permanent and life altering pain and mobility issues. Treating his on-going symptoms required him to be placed on limited duty, so he accepted orders to Ketchikan, Alaska with the hope that he would fully recover, continue his Coast Guard career, and ultimately be able to become a Coast Guard retiree some day!



JC Scott and his wife

JC, his wife Stephanie, and two children moved from Chesapeake, Virginia to Alaska in 2014, for a position that met his particular medically required restrictions. They developed a strong community within both the Coast Guard family and the town. As JC's symptoms continued to worsen, and doctor's appointments consumed more of his time, that community and the support they provided sustained the Scott family. During this period, JC was encouraged to enroll in the Navy's Wounded Warrior Program (NWWP). Once enrolled, he was assigned to work with a Recovery Care Coordinator (RCC), Mr. Edward Garcia, who assisted JC in coordinating resources that would facilitate all aspects of his recovery. JC describes the NWWP to be the recipe that helped him, and his family build their new life. A bright spot during this challenging time of their lives was the birth of their daughter on Christmas day 2014. Sadly, JC's symptoms progressed, limiting the use of one arm and his ability to walk, resulting in a medically necessary retirement in 2016--definitely not part of his plan.

A long drive from Alaska to Florida returned the Scott's to their family and friends and put them in touch with a well-regarded Chiropractor who has been instrumental in getting JC off of the 17 different medications he was taking and has allowed him to return to an active and engaging lifestyle. Through hard work and help from family, friends, professionals and the community, JC has recovered enough that he and Stephanie have added to their family with a fourth child and welcomed two Foster children into their home, established a mango and peach grove, built a working relationship with other farmers to provide produce for their community, and are raising cows, chickens and sheep on their farm. And just to be sure he wasn't bored, JC returned to school to further his education in Horticulture and Landscaping. Wow!

While JC could not have imagined that he would ever have to go through this experience, he believes that he has grown in ways that he would not have anticipated prior to his injury. He gives credit to his family, his God and the NWWP for helping him in his recovery. I give credit to JC's amazing attitude and perseverance!

SNACK PAIRING TIPS

Do you sometimes find yourself on the go and too busy to take time for a full meal? If so, curb your hunger by pairing a protein with a fiber for a healthy and filling snack. The following chart will guide you.

Choose a Healthy Snack! Pair a PROTEIN and FIBER food

In order to feel full and satisfied until your next meal AND help curb cravings, pair a good source of both protein & fiber at each meal/snack! Find a combo and get creative!

PROTEIN (Nuts, Meat, Beans, Dairy)

Nuts/Seeds

- Almond Butter
- Peanut Butter
- Allergies? – Sunflower seed butter
- Peanuts, almonds, cashews, walnuts, pistachios, macadamia
- Sunflower seeds, pumpkin seeds

Add to spreads, salads, side dishes, toppings, cereal, granola, yogurt, smoothies, baking, cooked dishes

Meat/Animal Sources

- Canned: tuna, salmon, chicken
- Fresh: cooked chicken breast, rotisserie chicken
- Deli Meat
- Eggs (hard-boiled, quick egg scramble, egg muffins)
- Mini-meatballs
- Pepperoni slices

Beans

- Kidney, pinto, black, navy
- Edamame (frozen/fresh)
- Veggie Burgers

Add for combo bean salad mix, add to salads, cook in dishes, soup/stews, crockpot recipes, chili, blend for bean dip/spreads

Dairy

- cottage cheese
- yogurt (watch ingredients)
- Greek Yogurt
- Cheese (babybel/Laughing Cow)
- Feta, swiss, parmesan versions
- Skim milk
- Cheese sticks

FIBER (>3 g = good source) (Whole Grain, Vegetables, Fruit)

Fruits

- Banana
- Apple/Pear slices
- Oranges
- Berries (fresh/frozen)
- Applesauce

Add to baked goods, dip in yogurt, peanut butter, or dark chocolate and freeze.

Vegetables

- Avocado/guacamole
- Celery/carrot sticks
- Raw Bell peppers
- Raw Broccoli
- Raw Cauliflower
- Cucumber sticks
- Homemade salsa (tomatoes/onion/peppers)
- Roasted Root Veggies

Whole Grain

- Rice Cakes, soycrisps
- Crackers (Ak-Mak)
- Pita, Toast, English Muffin
- Popcorn
- Cereal, Granola, Oatmeal

Try these or pair your own...

- Banana/pear/apple slices + Nutbutter + Toast/English muffin/Rice cake
- Hard-boiled egg +veggies sticks
- Cereal + Skim Milk + banana
- Raw veggies + hummus/bean dip
- Canned tuna + toast/cracker
- Smoothie: Milk + Berries + PB + yogurt
- Parfait: Yogurt + Berries + Granola

Nutrition Counseling
Department of Human Nutrition, Foods and Exercise,
Virginia Tech
March 2014

PURPLE UP FOR MILITARY KIDS

April is recognized as 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.

Visit <https://milspousefest.com/25-programs-non-profits-for-military-kids/> to view 25 opportunities and programs specifically for military children.

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

<https://www.operationwearehere.com/militarychildrencamps.html>

<https://www.campcorral.org/>

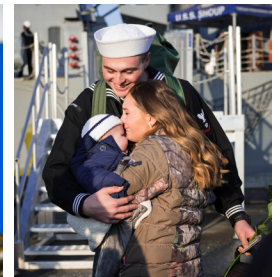
<https://militarybenefits.info/free-or-discounted-summer-camps>



MILITARY SPOUSE APPRECIATION

Military Spouse Appreciation day is Friday, May 7, 2021, 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 for more information.



View benefits, scholarships, grants and job opportunities for military spouses online at <https://militarybenefits.info/5-top-military-spouse-benefits/>

RESOURCES

PsychArmor

PsychArmor provides education, resources, and strategies for those who provide care for wounded, ill and injured military service members and Veterans. PsychArmor's library of courses for Military Veteran Caregivers & Families includes over 45 short, evidence-informed videos taught by national subject matter experts. They offer "A Caregiver's Experience" Binder: A three-ring resource binder that supplements their learning platform with tips and takeaways from courses. This customizable binder provides a central place to track resources and important documents. Visit <https://psycharmor.org/caregiver-binder/> to learn how to get your own binder.

PSYCH / ARMOR®

PsychArmor hosted a webinar series, Conversations with Caregivers, tackling difficult issues such as Substance Abuse, Social Isolation, Mental Health and more. To listen to previous webinars or register for upcoming, visit <https://psycharmor.org/usaa-webinar/>.

Veterans Affairs (VA) Benefits and Services

The VA portion of TAP is a one-day, in-person course called VA Benefits and Services. Led by VA Benefits Advisors, the course helps service members, families and caregivers understand how to navigate VA and the benefits and services they have earned through the service member's military career. The course offers interactive exercises, real examples, and covers topics important to the service member like family support, disability compensation, education, and health care benefits.



VA | U.S. Department
of Veterans Affairs

Online Course Instructions: The VA Benefits and Services course is now available online through TAPevents.org to transitioning service members, Veterans, family members, and caregivers. You do not need to be on a CAC-enabled device to access the course.

If a service member is taking the VA Benefits and Services course as part of a mandatory TAP requirements, s/he must register for the course using their CAC or by entering their DOD Identification and providing all required information to receive credit. Select "Core Requirements" under TAP Curriculum to find the course.

Program of Comprehensive Assistance for Family Caregivers (PCAFC)

The Program of Comprehensive Assistance for Family Caregivers (PCAFC) is for eligible Veterans who have incurred or aggravated a serious injury in the line of duty on or before May 7, 1975 or on or after September 11, 2001. **PCAFC eligibility now includes serious illness.** This program provides resources, education, support, a financial stipend, and health insurance (if eligible), beneficiary travel (if eligible), to caregivers of eligible Veterans.

Your local Caregiver Support Coordinator is a licensed professional who can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love.

Call VA's Caregiver Support Line at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the Caregiver Support Coordinator at your local VA Medical Center.

Navy-Marine Corps Relief Society

The mission of the Navy-Marine Corps Relief Society is to provide financial, educational, and other assistance to members of the US Navy, eligible family members, and survivors when in need, utilizing both financial and non-financial resources to identify solutions.



NAVY-MARINE CORPS
RELIEF SOCIETY

Programs include Financial Assistance, Education Assistance, Quick Loans, Visiting Nurses, Disaster Relief, Budget for Baby, Thrift Stores and Emergency Travel. Did you know education assistance is also available to children and spouses of active duty or veterans? For applications and information on other NMCRS services visit <https://www.nmcrs.org/pages/education-loans-and-scholarships>.