

# Wounded Warrior

# FAMILY QUARTERLY NEWSLETTER

July - September 2021



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## CALLING ALL CAREGIVERS

Join Navy Wounded Warrior **July 20 at 2 p.m. ET / 11 a.m. PT** for July's Connecting Caregiver event. Ms. Kristen Benson, MSW, LMSW and Ms. Courtney Sadler, MPH, CTRS, CBIS, from the Traumatic Brain Injury Center of Excellence (TBICoE) will share their expertise on supporting service members with TBI.

This Connecting Caregiver event will 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](mailto:susan.hieb@navy.mil).





# TONY JUNGLBLUT: A WARRIOR'S STORY TO STAYING RESILIENT THROUGH LIFE'S OBSTACLES

June 1, 2020 | Story by Megan Trexler | Commander, Navy Installations Command

WASHINGTON – Anthony (Tony) Jungblut finds new life after 26 years in the US Navy through Navy Wounded Warrior. For Jungblut, the Navy Wounded Warrior program offered ways to stay active through adaptive sports and avenues to receive during and after his transition to civilian life.

Jungblut enlisted in the Navy just months after graduating high school. “Towards the end of high school, I just knew the next step was joining the military. I come from a military family, with my dad serving in the Navy... The biggest goal out of high school was to get into aviation,” Jungblut said. “If we all remember, 1986 was Top Gun era and it got everyone, including myself, excited.”

Jungblut served as an enlisted Sailor for three years. Thereafter, Jungblut was accepted into college and eventually commissioned. After graduating from Purdue University and completing flight school, Jungblut reached his dream of becoming a Navy pilot.

Then, in 2005, everything changed. Returning home from a deployment, Jungblut was diagnosed with Multiple Sclerosis (MS). “It was certainly a gut punch, as we were also expecting our twin boys around that time,” he said. While his health remained stable, Jungblut was able to stay on active duty until he medically retired in October 2018.

During his transition, Jungblut learned about the Navy Wounded Warrior program through social media. Jungblut said, “Since enrolling in the program, the Navy Wounded Warrior team has taken me in and has been a phenomenal resource to have on my side.”

As a former athlete, Jungblut said participating in adaptive sports has helped him stay active. “I don’t have to stop doing what I love. I just have to find a different way.” He continued, “Just because we have limitations, does not mean we are limited.”

In January 2020, he attended his first Navy Wounded Warrior adaptive sports event in Port Hueneme, California. Even through a global pandemic, Jungblut found ways to stay connected with the adaptive sports program through their virtual intro camps and Navy Team trials.

Almost 16 months in the making, between the Department of Defense canceling the 2020 Warrior Games due to the ongoing COVID-19 pandemic and training uncertainty, his continued hard work paid off. Jungblut was selected to represent Team Navy during the 2021 Warrior Games at the ESPN Wide World of Sports Complex at Walt Disney World Resort.

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.



*Tony Jungblut and his wife*

# 8 TIPS TO HELP AVOID CAREGIVER BURNOUT

Caregiver burnout is a very real state that can affect anyone providing care for a loved one.

## HERE ARE 8 HELPFUL TIPS FOR CAREGIVERS:

### 1. SET REASONABLE GOALS

Set monthly goals such as scheduling and paying bills. Weekly goals such as laundry days and daily goals such as washing dishes. But don't stress if something doesn't get done right away. Be sure that goals are reasonable and are not overwhelming.



### 2. YOUR LIMITS

Know when to STOP! Know when to simply SLOW DOWN! Know that it's OK to not always meet every goal. Know your own limits!

### 3. UNDERSTANDING WHAT YOU'RE DEALING WITH

Understand what your caregiver duties are. Learn about your loved one's condition. Try to understand and empathize with their emotions. Understanding what you're dealing with may help you set your own limits and reasonable goals!

### 4. LEARN TO ACCEPT YOUR FEELINGS

It's OK to feel guilt, anger, irritability, stress and resentment. Negative feelings are part of caregiving. Understanding these feelings and learning to accept them may help in finding coping mechanisms.

### 5. REACH OUT AND TRUST SOMEONE

Though, not always easy, it is important to reach out and learn to trust someone. Fostering relationships outside of the caregiver-caretaker relationship may help prevent isolation and could serve as a great way to help cope with stress.

### 6. FIND A SUPPORT GROUP

Find a support network to meet other caregivers in similar situations. While having friends and other close relationships is great, they may not understand the challenges of being a caregiver. Check out local support groups or online communities, i.e., Facebook Groups or blogs.

### 7. STAY HEALTHY AND POSITIVE

Aim for walks after dinner. Joining a gym and participate with an in group workouts like Pilates or yoga.

### 8. BE REALISTIC

Be realistic in every aspect of caregiving. You may know your loved one has memory problems, is it feasible to expect them to remember every chore: and learning to accept them may help in finding coping mechanisms.





## TEAM NAVY ROAD TO THE 2021 DOD WARRIOR GAMES

We are excited to announce the Team Navy roster for the 2021 Warrior Games. Team Navy is comprised of active duty and veteran Sailors and Coast Guardsmen.

[Visit the Navy Wounded Warrior website to read the full announcement.](#)

Join us in cheering for the team at the 2021 Warrior Games! Follow along on Team Navy's journey to the Warrior Games on the official [Team Navy webpage](#), [Facebook](#), and [Instagram](#).

The 2021 Department of Defense Warrior Games will be hosted at Disney's ESPN Wide World of Sports Complex in Orlando, Florida from September 12-22. The wounded warrior athletes will represent the Army, Marine Corps, Navy and Coast Guard, Air Force and Special Operations Command.

The DoD Warrior Games were established in 2010 as a way to enhance the recovery and rehabilitation of wounded warriors and to expose them to adaptive sports.

Teams include active-duty service members and veterans with upper-body, lower-body, and spinal cord injuries, traumatic brain injuries, visual impairment, serious illnesses and post-traumatic stress. The Paralympic-style competitive event will feature archery, cycling, field, golf, indoor rowing, powerlifting, shooting (precision air sports), sitting volleyball, swimming, track, wheelchair basketball and wheelchair rugby.

Leading up to the 2021 Warrior Games, we will be highlighting each of the twelve sports Team Navy will be competing in. Be sure to check back every week for the sport of the week!

Thank you to the 2021 Team Navy presenting sponsor Semper Fi & America's Fund for their generous support.



## RESOURCES

### Traumatic Brain Injury Center of Excellence (TBICoE)

The Traumatic Brain Injury Center of Excellence (TBICoE) is a congressionally mandated collaboration of the Departments of Defense and Veterans Affairs to promote state-of-the-science care from point-of-injury to reintegration for service members, veterans, and their families to prevent and mitigate consequences of mild to severe traumatic brain injury. TBICoE supports, trains and monitors service members, veterans, family members and providers who have been, or care for those who are affected by traumatic brain injury. TBICoE headquarters is located in the Washington, D.C. metro area. TBICoE supports a multi-center network of military treatment facilities and Department of Veterans Affairs medical centers nationwide and in Germany. At these facilities, regional education coordinators have resources and conduct education for medical providers, service members, veterans and their families. TBICoE conducts and supports traumatic brain injury clinical investigations at these collaborator facilities as part of the TBICoE research program. TBICoE develops educational materials and resources for both military and civilian providers, families, service members and veterans. These educational materials and resources are free and available to download at <https://health.mil/TBICoE>, including fact sheets, patient resources and caregiver guides. Watch for the 2021 Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans, which will be available to download mid-July.



### Elizabeth Dole Foundation

Elizabeth Dole Foundation provides military and veteran caregiver support at the local, state and national level. Information on programs can be found at [www.hiddenheroes.org](http://www.hiddenheroes.org) and [www.elizabethdolefoundation.org](http://www.elizabethdolefoundation.org) including:



- Military Kids Have Talent Show
- Covid Caregiver Support Hub
- Respite Relief for Caregivers
- Campaign for Inclusive Care
- Fellows Program
- Guide to Support Caregivers in the Workplace
- Hidden Heroes Caregiver Community
- Community Navigator Program
- Hidden Heroes City/State
- Caregiver Journey Map