

Wounded Warrior



FAMILY QUARTERLY NEWSLETTER

October - December 2022



NOVEMBER IS WARRIOR CARE MONTH

November is Warrior Care Month. It was established in 2008 “to increase awareness of programs and resources available to wounded, ill, and injured service members, their families, and those who care for them.” The Department of Defense was tasked to “continue to make it easier for our troops and their families to take advantage of all the assistance now available to them.”

Navy Wounded Warrior provides the gold standard of non-medical care to Sailors and Coast Guardsmen and their families, offering resources that promote healing and opportunities for success, both within and beyond military service. Programs not only assist those wounded in combat, but also service members battling serious illnesses or who are injured in accidents, on a ship, in training, or on liberty.

GET INVOLVED

Throughout November, regional offices are organizing special programs and activities to mark the month. These are a great way for your service member to stay connected with other families in your Navy Wounded Warrior community. Contact your Regional Care Coordinator on ways to get involved.

In this Edition:

- Domestic Violence Awareness Month
- Team Navy Road to the Warrior Game
- Virtual Transition Assistance Program
- Temporary Disability Retired List

  @NavyWoundedWarrior

WARRIOR CARE MONTH SHOW OF STRENGTH

NOVEMBER 2022



November is also a good time to share stories about your experiences with Navy Wounded Warrior.

- How has the program changed your family's trajectory?
- What advice do you have for other spouses, parents, families, and caregivers who are just starting their journeys?
- Are there people you'd like to thank for helping you along the way?

Share online and tag @navywoundedwarrior on [Facebook](#) and [Instagram](#). Use #NavyWoundedWarrior #NavyWarriorCare and #WCM2022 to join the national conversation.



OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

When it comes to domestic abuse, it can happen to anyone—and each person’s situation is different.

The [Family Advocacy Program](#) is committed to supporting victims, service members and their families impacted by domestic abuse. If you or someone you know is experiencing abuse, FAP staff are available to share options for next steps and encourage people to choose their own path.

No one has to go through this alone. Understand options for reporting and documenting abuse, as well as creating a safety plan and finding a network of support.

For immediate help, call the National Domestic Violence Hotline at 800-799-7233 or visit thehotline.org.

 **MILITARY
ONESOURCE**

**UNITED
AGAINST
DOMESTIC ABUSE**

**YOUR relationship
should be free from fear, control or harm.**

**Do you know your OPTIONS?
GET HELP for you or a friend at
militaryonesource.mil/UnitedAgainst.**

For immediate help, call the National Domestic Violence Hotline at 800-799-7233, or your nearest Family Advocacy Program office.

TEAM NAVY ROAD TO THE 2022 WARRIOR GAMES

Team Navy had a great showing during the 2022 Department of Defense Warrior Games in Orlando, Fla.

This year's events took place August 19 - 28 at the ESPN Wide World of Sports Complex at Disney World. In all, the 39 athletes earned 106 medals: 37 Gold, 44 Silver, and 25 Bronze. They competed in 11 events: Archery, Cycling, Field, Indoor Rowing, Powerlifting, Shooting, Sitting Volleyball, Swimming, Track, Wheelchair Basketball and Wheelchair Rugby. Athletes from Canada and Ukraine also participated.

Thanks to all of the friends and family members who shows up to make some noise and cheer on Team Navy during the competition. It was a long road to get to Orlando and required a lot of resilience, hard work and dedication, not to mention coordination and travel. It wouldn't have been possible without family and caregiver support!

Take a look back at highlights from the 2022 Warrior Games on Navy Wounded Warrior's [Facebook](#) and [Instagram](#).

ABOUT THE WARRIOR GAMES

The 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. The goal of the Warrior Games isn't to identify the most skilled athletes, but to demonstrate the incredible potential of wounded warriors through competitive sports.

Athletes have upper-body, lower-body and spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses, and/or post-traumatic stress. The adaptive sports played during the Warrior Games have been modified to meet the abilities of injured or ill individuals.

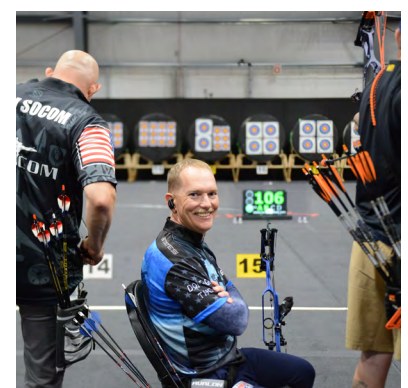
Thank you to the 2022 Team Navy presenting sponsor Semper Fi & America's Fund for their generous support.

ARE ADAPTIVE SPORTS RIGHT FOR YOUR FAMILY?

Fitness and teamwork are a way of life in the military that can be profoundly impacted after a serious injury or illness. Sports build strength and endurance while also motivating service members to meet new goals. Teammates are all facing similar life changes, which cultivate deep camaraderie and fellowship.

All enrollees are encouraged to include adaptive athletics in their recovery plans. Navy Wounded Warrior hosts a series of adaptive athletic reconditioning camps throughout the country that focus on strength training, nutrition and a variety of sports. The program also involves international competitions, such as the Invictus Games.

If you think your Sailor or Coast Guardsman would benefit from the adaptive sports program, contact your Regional Care Coordinator or call 855-NAVY WWP (855-628-9997) or email navywoundedwarrior.fct@navy.mil for details.





Wounded Warrior Family Quarterly Newsletter

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If your family will soon be transitioning from military to civilian life, take advantage of this quarter's virtual programs for both spouses and service members to aid in your family's success.



VTAP

Virtual Transition Assistance Program

The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration

Certificate of Completion

- Must be logged into the live classroom under your own LMS account
- Single-session training: Attendance required for the full length
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards

Transitioning Spouses

- This self-paced course, available 24/7, prepares spouses for uncertainties such as a possible move, financial adjustment and job searching
- Go to MyNavyFamily.com on a non-NMCI device to make a free account on the CNIC LMS and take [Navy Spouses in Transition](#) on the home page

LOGIN INSTRUCTIONS

1. Make a free account at <https://learning.zeiders.refineddata.com>.
2. Click on “Live Webinars” at the top of the page to view the full list of offerings.
3. Click on the title of a session to view the information and description.
4. Click on “register now” to register for the course.

You will get reminder emails with your personalized link.
If you have any trouble, please write to learning@zeiders.com.

Classes fill quickly. Register early!



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All times listed are Eastern.

October 2022				
Date	Day of Week	Start Time	Duration	Session Name
Oct 11th	Tuesday	11:00 AM EST	2 hrs	Pre-Separation Counseling
November 2022				
Date	Day of Week	Start Time	Duration	Session Name
Nov 15th	Tuesday	9:00 AM EST	2 hrs	Pre-Separation Counseling
		11:30 AM EST	30 min	Managing Your Transition [My Transition]
		12:30 PM EST	3 hrs	Financial Planning for Transition
		4:00 PM EST	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
Nov 16th	Wednesday	9:00 AM EST	8 hrs	DOL Employment Fundamentals of Career Transition
Nov 17th	Thursday	9:00 AM EST	8 hrs	DOL Employment Track (Part 1 of 2)
Nov 18th	Friday	9:00 AM EST	8 hrs	DOL Employment Track (Part 2 of 2)
December 2022				
Date	Day of Week	Start Time	Duration	Session Name
Dec 13th	Tuesday	11:00 AM EST	2 hrs	Pre-Separation Counseling





THE MORE YOU KNOW: TEMPORARY DISABILITY RETIRED LIST

Does your service member have a rated disability? Here is some helpful information about the Temporary Disability Retirement List. Learn more on what to expect in regard to benefits, responsibilities, timelines, and the overall process.

PROGRAM OVERVIEW

- TDRL is a Temporary Disability Retirement program designed to enable service members with a rated disability to receive retirement benefits including medical coverage for members and dependents, plus a monthly stipend until medical conditions can become stabilized or corrected.
- Members placed on TDRL are monitored for a period of 3 years. Conditions may change within this time frame and results in an increase/decrease of disability rating percentage or finding of Permanent, Separation w/Severance or Fit at any time during the 3 year monitoring.

ACTION ITEMS

- Ensure enrollments are active and current:
 - Service members should register with the VA for a physical to determine their disability percentage.
 - Family members need to be enrolled in DEERS for issuance of ID cards.
 - Enroll in TRICARE for additional medical coverage.
- Keep current mailing address, telephone number, email address on file with Navy Personnel Command (NPC) and Defense Finance and Accounting Service (DFAS). Failure may result in the suspension of disability retired pay and will be considered as showing intent to abandon benefits.
- Members on TDRL are legally required to complete a physical exam every 12-18 months. This includes those who have waived retired pay in order to receive compensation from VA. NPC notifies members by the 18-month mark to attend the physical at the closest Military Treatment Facility (MTF) meeting their needs. If there's no email, contact disability_retirement.fct@navy.mil. This is a mandatory appointment. A "no show" will result in a suspension of retirement pay until the physical is completed.

After completing the physical, members must file travel claim with TDRL travel. Instructions are enclosed with the exam orders.

SAVE THESE VERY IMPORTANT NUMBERS

DFAS: 800-321-1080 | TRICARE: 888-363-2273

VA: 800-827-1000 | DEERS: 800-538-9552

MNCC: 833-330-6622 | TDRL Disability Inbox:
disability_retirement.fct@navy.mil

YOUR SERVICE MEMBER MAY WANT TO KNOW...

Q: When can I get my Orders/Message?

A: Messages/Orders are generally released within 30 days of accepting the findings. Messages/Orders are processed once PERS 954 receive the index from the PEB. This can take up to two weeks to distribute from the PEB to PERS 954. The Command must check message traffic.

Q: If the PEB has determined that I be placed on TDRL, how long until being placed on TDRL?

A: Members must be separated/retirement 72 days from signing the findings. We set the retirement 72 days once we process the message/order. Modifications will be considered case by case basis; must be an emergent situation. Route all inquiries through the Chain of Command to the Disability inbox.

Q: How long will it take to receive my first disability retirement check from DFAS?

A: Retirement pay is generally paid 60-90 days after retirement date. –Active Duty: Contact losing PSD to see if they created loss action; if they have already spoken to the PSD, then PERS 836(Enlisted)/835(Officers) via My Navy Career Center (MNCC) to see if the pay account has been established. –Reservist: Contact NOSC Admin to see if the pay packet has been prepared and sent to DFAS.

Q: I have been on TDRL for 18 months, but I haven't received notification for a physical exam. Is my pay in danger of being stopped?

A: No, your pay will not stop. Please contact PERS 954.

Q: I have 20+ years, why am I being placed on TDRL?

A: If you have 20+ years, you can decline the PEB's findings and request a regular retirement. Please contact disability_retirement.fct@navy.mil for further information or questions.

**NUMQUAM NAVIGARE SOLUS –
NEVER TO SAIL ALONE**

Family members are often the best advocates and can refer their Sailors and Coast Guardsmen to Navy Wounded Warrior. Contact the Navy Wounded Warrior call center at 855-NAVY WWP (855-628-9997) or send an email to navywoundedwarrior.fct@navy.mil to get started.