

# Wounded Warrior FAMILY QUARTERLY NEWSLETTER

July - September 2022



## KEEP YOUR COOL IN HOT WEATHER!

Take measures to stay cool, remain hydrated and keep informed this summer. Getting too hot can make you sick and you can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

### Check out these tips from the CDC about staying safe this summer.

- Drink more water than usual and don't wait until you're thirsty to drink.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Limit your outdoor activity, especially midday when the sun is hottest.
- Don't use the stove or oven to cook. Cooking with your stove or oven during times of extreme heat will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Stay in air-conditioned buildings as much as you can. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles. Contact your local health department or locate an air-conditioned shelter in your area.

### In this Edition:

- Summer Safety Tips
- Team Navy Road to the Warrior Game
- Navy Wounded Warrior Enrollee Spotlight
- Self-Care: 12 Ways to Better Take Care of Yourself

  @NavyWoundedWarrior





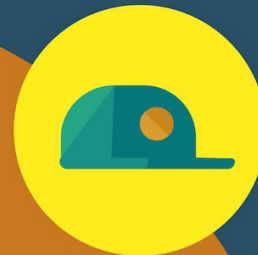
### ***Wear Sunscreen***

It is recommended to use sunscreen with SPF 30 or higher and to apply it every 15 minutes while exposed to direct sunlight.



### ***Stay Hydrated***

Remember to stay hydrated and drink lots of water, especially when spending a lot of time in the sun.



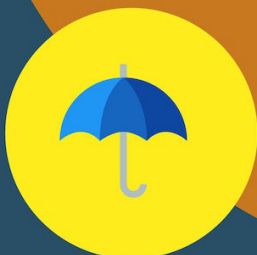
### ***Wear Protective Clothing***

Wearing a hat with a wide brim shades your face, neck and ears from the sun. Additionally, light clothing will help you stay cool in the heat.

# ***Beat the Heat***

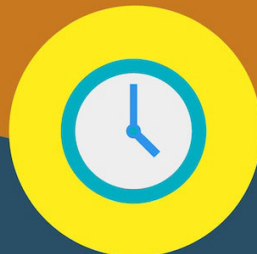


## **Summer Safety Tips**



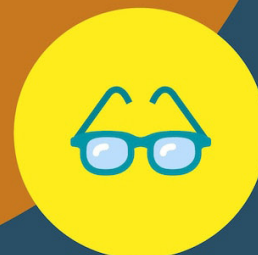
### ***Cool Off in the Shade***

Seeking shade under an umbrella, tree or another form of shelter can prevent sun damage during peak sunlight hours.



### ***Avoid Direct Sunlight***

UV radiation is strongest between 10 A.M. and 2 P.M.



### ***Protect Your Eyes***

Wearing sunglasses protects your eyes and the skin around your eyes from harmful UV rays.



## TEAM NAVY ROAD TO THE 2022 WARRIOR GAMES

Navy Wounded Warrior is proud to announce Team Navy for the 2022 Department of Defense Warrior Games. This year, Team Navy is comprised of 40 athletes, including a combination of active duty and veteran Sailors and Coast Guardsmen. [Visit the Navy Wounded Warrior website to read the full announcement.](#)

The team will compete during the 2022 DoD Warrior Games in which more than 300 wounded, ill and injured service members from all branches of the U.S. military, as well as from international armed forces, will participate in the Paralympic-style competition hosted at Disney's ESPN Wide World of Sports Complex in Orlando, Florida from August 16-29, 2022.

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.

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

Join us in cheering for the team at the 2022 DoD Warrior Games! Follow along on Team Navy's journey to the Warrior Games on the official [Team Navy webpage](#), [Facebook](#), and [Instagram](#).



## 2022 TEAM NAVY ROSTER TEAM NAVY ROAD TO THE WARRIOR GAMES

Retired YN2 Aaron Gomez, Coast Guard  
Retired YN3 Alexis King  
Retired CDR Anthony "Tony" Jungblut  
Retired AD1 Austin Parker  
MA3 Bernice Sanchez Arce  
AD2 Blake Frier  
ADAN Clayton Grimstad  
CTNCS Clifford "Cliff" Brown  
GMC Derelle Gladden  
HM3 Donald "Don" Calero  
Retired AZ3 Elizabeth "Ellie" Smith  
Retired BM2 Frank Mmobiuosi  
Retired HN Gabriel "Gabe" George  
Retired ME2 Jacob Cox, Coast Guard  
MK2 James Riley, Coast Guard  
HM1 Jamie Lopez  
HM1 Jarrett Cooper  
YNC Jessica McHam-Rewerts  
STGC John "Blake" Conley  
Retired IC3 Joshua "Josh" Cooke  
Retired NDC Julius "Jules" McManus  
Retired AD3 Kenneth Rodriguez Gonzalez  
AT1 Kristin Olive  
Retired GM1 Larry Polendey  
Retired YN1 Lorraine Currow, Coast Guard  
Retired ABH2 Luis Cervantes  
Retired CS2 Mario Ingram  
Retired MN1 Mark Coltrain  
LS2 Merry Garza  
SN Paulkipkirui Koech  
Retired PS2 Raymond Dalope  
Retired CSCS Richard Fernandez  
IT1 Ruth Freeman  
HM2 Sara Rockhold  
YN1 (IW/SW) Sharmesha Creamer  
Retired CAPT Suzanne Brown, Coast Guard  
OS1 Travis Wyatt  
LT William Crews  
PR2 Zachariah Refahi El Masry  
MMA Zachary "Zach" Chruma





## NAVY WOUNDED WARRIOR ENROLLEE SPOTLIGHT

### *LCDR (Ret.) Jeffery Dewey*

LCDR (Ret.) Jeffery Dewey joined the U.S. Navy in June 2001. Throughout his career, he served as a Nurse Corps Officer and was stationed at Naval Hospital Bremerton, Naval Hospital Camp Pendleton, Naval Hospital Guam and Naval Hospital Center San Diego.

After a motorcycle accident in October 2019, resulting in him suffering from post-concussive syndrome consisting of post-traumatic headaches, disequilibrium, memory impairment and chronic insomnia. After almost 21 years, Dewey medically retired in April 2022.

Dewey expressed, “Getting injured and being medically retired was incredibly stressful, for me and my family. We had to change our focus from progressing my career to scrambling to get ourselves ready for me to be out and managing my new list of medical problems.” He continued, “The Navy Wounded Warrior team reached out and took an active interest in our well-being. They really helped me and my family throughout the entire process, tirelessly checking on us, and guiding us to resources we didn’t even know we had access to.”

Since retirement, Dewey shared that he is “taking it easy and spending more time with his family in their forever home.”



### *ITC Deatrice Sumlin*

ITC Deatrice Sumlin joined the Navy Wounded Warrior family in 2019 after she was diagnosed with breast cancer. “From day one, (Navy Wounded Warrior) has always been there to help, without hesitation,” she shared.

Sumlin expressed that the Navy Wounded Warrior’s adaptive sports program helped her learn that she could “do anything,” no matter the obstacles in front of her. She said, “It was nice to go to camp and be surrounded other military members who understood what I was going through. We would share our experiences...it let me know I was not alone.”



# SELF-CARE: 12 WAYS TO TAKE BETTER TAKE CARE OF YOURSELF

By Tchiki Davis, Ph.D



## 1. Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep. What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. Are you eating or drinking immediately before bed? If so, it's especially important to stay away from caffeine and sugar, which tend to keep you awake.

Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload or settle a disagreement with a coworker. Next, make sure your bedroom is the best possible place for you to get good REM sleep. It should be free of distractions (such as a television, laptop, cellphone, etc.). And make sure you have room-darkening curtains to keep the sun from waking you up too early in the mornings.

## 2. Take care of yourself by taking care of your gut.

Your gut health can have a significant impact on your health, well-being, and feelings of vitality. The types of foods you eat crucially impact the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes. Healing the gut can lead to an unhappy person, and vice-versa.

## 3. Exercise daily as part of your self-care routine.

We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight. Of course, it might be hard to go to the gym every day, so try to incorporate other exercises, such as walking, tennis, or yoga, which may be able to fit into your schedule more easily. The most important thing is to create a routine that works for you.



## 4. Eat right for self-care.

The food we eat has the potential to either keep us healthy or contribute to weight gain or diseases such as diabetes, but it can also keep our minds working and alert. Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body. Some of the most amazing self-care foods include fatty fish, blueberries, nuts, and green leafy veggies.

## 5. Say no to others, and say yes to your self-care.

Learning to say no is really hard; many of us feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.

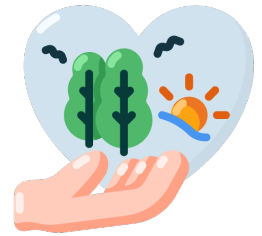


## 6. Take a self-care trip.

Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated. These self-care trips don't have to be costly; simply drive to the next town over and see the sights, or go camping nearby. The goal is to veer away from your normal schedule and take the time to do something just for yourself.

### **7. Take a self-care break by getting outside.**

Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Studies have even shown that getting outside can help reduce fatigue, making it a great way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you do some physical activity, like gardening, hiking, or walking while you are outside.



### **8. Let a pet help you with your self-care.**

Pets can bring a boost to our lives. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care. Dogs especially can help reduce stress and feelings of anxiety and can even lower blood pressure. In fact, many people who suffer from disorders like PTSD have benefited from working daily with animals, which is why service dogs have become so helpful for these individuals.

### **9. Take care of yourself by getting organized.**

Getting organized is often the first step to becoming a healthier you, because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.

### **10. Cook at home to care for yourself.**

Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients. Even if it's only once a week, consider making a healthy meal for yourself or your whole family. You could even look into a meal delivery service or meal kit that can help you get started.



### **11. Read a book on self-care for self-care.**

In today's fast-paced world, we tend to turn to our phones for entertainment or comfort, scrolling through news feeds that can contribute to our stress and anxiety rather than helping it. Instead, consider bringing a self-help book with you when you leave the house. Even better, bring books on self-care so that you can learn more about how to take care of yourself while you are taking care of yourself. You might be amazed at the difference it can make when you slow down instead of always looking at your phone. Not only can it help improve your mood, but it can also help you to stay more present and mindful.

### **12. Schedule your self-care time, and guard that time with everything you have.**

It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed. Whether you decide you want to go for a long walk, take a hot bath, or enjoy a good movie with friends, taking self-care time is imperative. Look for small ways you can incorporate it into everyday life; for example, you might wake up 15 minutes earlier to sit with a cup of tea and practice deep breathing before the chaos of the day begins, or you might take a walk around the block on your lunch break. The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life, and thrive.

