

## Navy Installations Command Hosts Wounded Warriors for Warrior Care Month Event

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Every day of the year wounded warriors demonstrate strength in their daily activities, from pushing themselves during grueling physical therapy, attending classes to acquire new skills, or asking for help when they need emotional support.

To kick-off Wounded Warrior Care month, Navy Installations Command, located at the Washington Navy Yard, hosted a ceremony to recognize the importance of the program and to honor several wounded warriors. Each has made significant progress over the years in their recovery as a result of the Wounded Warrior program, from finding employment, to participating in art therapy, to competing in elite adaptive sports events.

This year's Warrior Care month theme, "A Show of Strength," recognizes the fortitude that seriously wounded, ill, and injured Sailors and Marines, and their families, exhibit during their journey towards recovery. "Families and caregivers also show incredible strength each and every day at all hours of the day and night," said Capt. Brent Breining, director for the Navy's Wounded Warrior and Safe Harbor program. "They provide attentive and loving support to wounded warriors, often at great personal expense. I can think of no one who deserves our support more than our wounded warriors and their families. Our commitment to them must never waver."

The Navy Wounded Warrior program is a department within the Fleet and Family Readiness department under Commander, Navy Installations Command, and has assisted nearly 3,800 service members and their families since its inception in 2008, when, then-Secretary of Defense Robert Gates designated November as Warrior Care Month. The goal was to inform military members and their families and communities across the country about the programs and initiatives provided through the Warrior Care system.

Retired Navy Lt. Chet Frith, one of the guest speakers at the event has benefitted from NWW both as a wounded warrior and as an employee. "Realizing I could still be a productive member of society gave me a sense of purpose again," he said. "It's what I needed."

Support is not limited to combat injuries. The program also assists those battling serious illnesses or who are injured in accidents. The Navy defines a "wounded warrior" as a Sailor or Coast Guardsman who has



WASHINGTON -- Retired Navy Lt. Chet Frith was a guest speaker during a Wounded Warrior Care Month event held at the Washington Navy Yard Nov. 3. Navy Installations Command recognized several wounded warriors for their efforts as participants in the Wounded Warrior Program. Warrior Care Month is an opportunity to recognize the difficulties that our wounded warriors must overcome to deal with the accompanying life changes and to honor their service, sacrifices, and achievements. This year's theme "A Show of Strength," recognizes the fortitude that seriously wounded, ill, and injured Sailors and Marines, and their families, exhibit during their journey towards recovery. (U.S. Navy photo by Sandra Niedzwiecki /Released)

a serious illness or injury requiring long-term care that may result in a Medical Evaluation Board/Physical Evaluation Board (MEB/PEB) to determine fitness for duty.

Throughout the month of November in Washington, D.C., and throughout the Department of Defense, the Office of Warrior Care and all services' wounded warrior programs will highlight a variety of wounded warrior programs and activities, including stories of recovery, and personal triumphs.

For more information about Warrior Care Month activities or wounded warrior resources visit <http://safeharbor.navylive.dodlive.mil> or [www.facebook.com/navysafeharbor](http://www.facebook.com/navysafeharbor).

For more information about Navy shore installations visit <http://www.cnic.navy.mil>

For more news from Commander, Navy Installations Command, visit [www.navy.mil/local/cni/](http://www.navy.mil/local/cni/).