

HEALTH & WELLNESS  
WOUNDED, ILL & INJURED  
WELLNESS DIVISION  
BLDG. 26 1F  
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SAN DIEGO, CA 92134  
(619) 532-7764



For the wounded, ill, and injured service members and their families.

# RESILIENCE

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*Exercise Therapy & Community Re-integration*

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## WII Wellness

*WII Wellness* is a therapeutic program designed to restore, remediate, and rehabilitate wounded, ill, or injured service members' level of health, enjoyment, socialization, function, and independence in life activities. It is also a collaborative partnership with the Health and Wellness Department, Military Health, Fleet Liaison, C5, Mental Health, Armed Services YMCA, Chaplain Services, MWR, Military Transition Units, Armed Forces Services Co, and numerous individual and community organizations with interests and resources to provide services to our beneficiary population. There are several entry points into *WII Wellness*, and all of them begin with an assessment and treatment planning appointment with a Health and Wellness clinician and medical clearance for participation.

*WII Wellness* offers various components in treatment planning, such as adaptive sports, community reintegration, creative expression, exercise therapy, leisure education, mind and body, and Sailors Health Improvement Program (SHIP).

*Adaptive Sports* are for patients with transient and permanent injuries which begin with recreational participation and can lead to local, national, and even international competition.

*Community Reintegration* assists wounded, ill, and injured service members prepare for life post discharge. Learned information is combined to assist individual with the confidence and knowledge to return to their community. Service members learn how to function more independently and practice learned skills within their community.

*Creative Expression* can include modalities like art, dance, and music. Creativity is a way to reclaim what's been lost or what's been trapped inside. Involvement in creative expression has the potential of engaging individuals in personal and community-level change through reflection, empowerment, and facilitation of connectedness.

*Exercise Therapy* assists patients to identify their post injury possibilities. It includes a vast variety of activities that involve different environments to challenge the patient to use the whole body rather than focus on a specific injury.

*Leisure Education* enables the individual to 1) gain a broader understanding of where, why, how, and with whom he can pursue his leisure interests and experiences, and 2) learn more functional responses, i.e. to develop different modes of leisure behavior which will enable the individual to adapt to the environment to meet free time needs. It also aims to connect patients to community organizations that share common interest, through discharge summary, as they transition to civilian life.

*Mind & Body* offers patients who are suffering from chronic pain, PTSD, depression, anxiety, stress, and more a non-pharmaceutical option to manage their condition. It provides a gentle way to exercise working with and around pain and limitations, and has helped many to reduce anxiety and improve sleep.

*Sailors Health Improvement Program* provides a wellness assessment, exercise, sports, and fitness resources to develop a lifestyle of wellness for personnel who fail the PFA, medical waivers, and those who are on Limited Duty status.



# Adaptive Sports

**Golf**  
(OEFOIF-Injured Only)

Mondays

Beginner: 1215-1400

Intermediate: 1315-1500

Del Mar Golf Center

(Starts in January 2014)

**Wheelchair Basketball**

Wednesdays: 1900-2100

Saturdays: 1000-1200

Bldg. 12 Basketball Court

**Handcycle**

Tuesdays: 1200-1500

Location varies weekly

**Hiking**

Wednesdays: 0700-1100

Location varies weekly

**Air Shooting**

Wednesdays, 1000-1130

Bldg. 12 Basketball Court

**Archery**

Fridays, 0900-1100

Morley Field Archery Range

**Swim Lesson**

Mondays, 1300-1400

Mondays, 1400-1500

Tuesdays, 1300-1400

Tuesdays, 1400-1500

Bldg. 12 Pool



**SPECIAL EVENTS**

**WOLFPACK WHEELCHAIR BASKETBALL TOURNAMENT**

Nov 3 & Dec 1

**SITTING VOLLEYBALL (MASP)**

Nov 8, 0800-1200

**SWIM (MASP)**

Nov 25 0900-1400

**SKI SPECTACULAR**

Breckenridge, CO

Dec 2-8

**WARP SHOOTING & ARCHERY CAMP**

Dec 3-14, Alabama

**TRACK & FIELD (MASP)**

Dec. 11, 0800-1100



RESILIENCE

**Run Program**

Fridays, 0700-0800

See MASP staff for location

**Aquatic Healthy Back**

Tuesdays, 1300-1400

Bldg. 12 Pool

**Rowing**

Tuesday, 0800-1130

San Diego Rowing Club

**Surfing**

Thursdays, 0800-1330

Del Mar Beach

**Kayaking**

Nov 7 & 21, Dec 12

Del Mar Beach

**PROGRAM GOAL**

Adaptive Sports includes sports and recreation programs that are modified or designed to allow patients with physical injuries to participate. Patients are introduced to adapted sports equipment that may be used for recreational or competitive purposes. If warranted, program providers will assist patients in obtaining their own adapted sports equipment.

# Community Reintegration

**Golf**  
**(OEF/OIF-Injured Only)**  
 Mondays  
 Beginner: 1215-1400  
 Intermediate: 1315-1500  
 Del Mar Golf Center  
 (Starts in January 2014)

**Cycling**  
 Tuesdays: 1200-1500  
 Location varies weekly

**Hiking**  
 Wednesdays: 0700-1100  
 Location varies weekly

**Cross Fit**  
 Wednesdays, 1230-1430  
 CrossFit Del Mar

**Sport Shooting**  
 Contact ASYMCA for  
 schedule and location

**Rowing**  
 Tuesdays, 0800-1130  
 San Diego Rowing Club



Appreciating our volunteers for their role in patient's reintegration to the community.

**SPECIAL EVENT**

**SKI SPECTACULAR**  
 Breckemnrige, CO  
 Dec 2~8

**FAMILY DAY AT THE ZOO**  
 Dec 8, 0730-1100

**RED-NOSED REINDEER RUN FOR OASIS & ALUMNI**  
 Dec 13, 1300~

**PROGRAM GOAL**

The goal of community reintegration programs is to decrease isolation, depression, stress, and anxiety through outdoor or community-based activities that promote socialization, reconnect families, meet and make new friends, develop active lifestyle or healthy hobby, introduce challenges that improve coping skills, and build a solid support system that is essential in the rehabilitation of wounded, ill, and injured service members.



Hiking crew at Havasupai, AZ.

**Surf Clinic**  
 Thursdays, 0800-1330  
 Del Mar Beach

**OASIS & Alumni Kayaking**  
 1st Friday of the Month  
 1300-1500  
 Mission Bay

**Bay Kayaking**  
 1st Friday of the Month  
 0930-1230  
 Mission Bay

**Archery**  
 Mondays, 0930-1130  
 Morley Field Archery Range

**Beach Yoga**  
 Thursdays, 0800-0845  
 Del Mar Beach

**Run Program**  
 Fridays, 0700-0800  
 See MASP staff for location

**Strength & Conditioning**

Mondays & Fridays  
0830-0930

MWR Gym Bldg 26 1B

**Swim Clinic**

Wednesdays, 1300-1400  
MWR Pool, Bldg 12

**Swim Lessons**

(All Levels)

Mondays, 1300-1400

Modays, 1400-1500

Tuesdays, 1300-1400

Tuesdays, 1400-1500

MWR Pool, Bldg 12

**Rowing**

Tuesdays: 0800-1130  
San Diego Rowing Club

**Surf Clinic**

Thursdays, 0800-1330  
Del Mar Beach

**Spin Clinic**

Wednesdays, 1100-1200  
MWR Pool Deck, Bldg 22

**Bay Kayaking**

1st Friday of the Month  
0930-1230  
Mission Bay

**OASIS & Alumni**

**Kayaking**

1st Friday of Month  
Mission Bay  
1300-1500

**Boxing Fitness**

Tuesdays, 1400-1500  
MWR, Bldg. 26 1B

**Judo**

Mondays, 1330-1600  
Naval Air Station  
North Island  
Bldg. 277

**Red-nosed Reindeer**

**Run for OASIS & Alumni**

Del Mar Beach  
Dec 13, 1300~

# Exercise Therapy

PROGRAM GOAL

Exercise Therapy assists patients to identify their post injury possibilities. It includes a vast variety of outdoor activities that expose patients to different environments where they are challenged to perform a variety of skills focusing on their whole body rather than on a specific injury.



PROGRAM GOAL

The program is designed to offer patients who are suffering from chronic pain, PTSD, depression, anxiety, stress, and more a non-pharmaceutical option to manage their condition. It provides a gentle way to exercise, working with and around pain and limitations.

# Mind & Body



RESILIENCE

**Tai Chi**

Mondays, 0830-0915  
Bldg. 12 2F

**Beach Yoga**

Thursdays, 0800-0845  
Del Mar Beach  
(Transportation is not provided)

**Qi Gong**

Wednesdays, 1230-1330  
Health & Wellness  
Bldg. 26 1F

**Indoor Yoga**

(See calendar for MASP Schedule)

# Creative Expression



## PROGRAM GOAL

Creative Expression can include modalities such as writing, dance, and music. Creativity is a way to reclaim what's been lost or what's been trapped inside. Involvement in creative expression has the potential of engaging individuals in personal and community-level change through reflection, empowerment, and the facilitation of connectedness. Being involved in any one of these modalities can help heal emotional injuries, increase understanding of one's self and others, develop a capacity for self-reflection, reduce symptoms, and alter behaviors and thinking patterns.

**Salsa Dance Class**  
Wednesdays, 1215-1315

**Creative Writing**  
Schedule: TBD

**Music Therapy (Individual)**  
Thursdays 1100-1430  
Bldg. 26 1F

**Music Therapy (Group)**  
Thursdays, 1500-1630  
Bldg. 12, 2F

## How to get involved in WII Wellness? EASY-STEPS:

### Step 1)

If you are a wounded, ill, or injured service member, you are encouraged to contact your medical provider or case manager for referral to NMCS D Health & Wellness Clinic to utilize the services offered in WII Wellness program.

### Step 2)

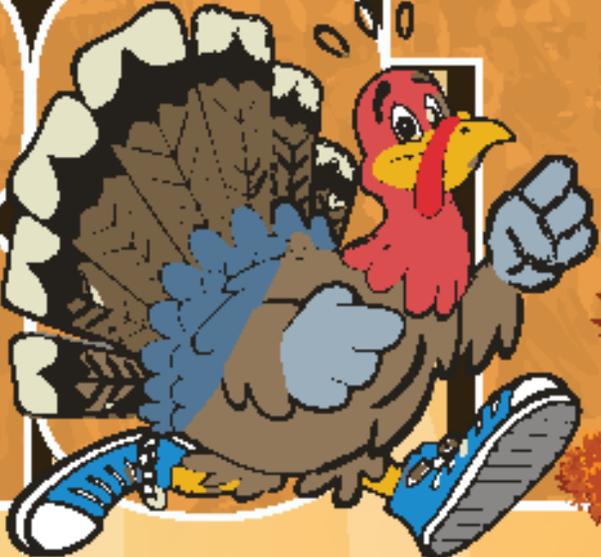
WII Wellness staff will contact you upon receipt of the referral. You may also contact the clinic at (619) 532-7764 to inquire on the status of the referral or for other questions.

### Step 3)

Complete an assessment. Provider will identify rehabilitation goals based on patient needs. Patient obtains a medical clearance from attending providers. Appointments are scheduled thereafter and treatment begins.

# TURKEY

# TUR



**Friday, November 15 • FREE**

Run/Walk your way to a happy Thanksgiving!

1030 registration opens • 1115 race start at the Balboa Athletic Complex, Bldg. 12 • All are welcome!

Pre-race music and fun, post-race awards presentation and prize drawings!

*Awards for the top male and female finishers in each age group, 21 & under, 22-29, 30-39, 40-49, 50+, plus Commander's Cup points for your respective Directorate.*

*Free T-shirt for the first 150 pre-registered participants.*

To pre-register, Email [Jeffrey.Stuart@med.navy.mil](mailto:Jeffrey.Stuart@med.navy.mil) with your first and last name, rank, Directorate, gender and age group.

To volunteer: Email [Johanna.Boman@med.navy.mil](mailto:Johanna.Boman@med.navy.mil)

**SD Medical**  
FEDERAL CREDIT UNION





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