



TEAM ARMY BIO

Specialist Melesete Togia, from Honolulu, Hawaii, once found solace in her serene hometown surroundings—spending time at the beach, in the gym, hiking, canoeing with her daughter, and baking. However, her life changed dramatically when she tested positive for COVID-19 during her deployment in Iraq on September 4, 2021, leading to an emergency evacuation to Germany.

After a critical 20-day battle on life support and surviving over 10 resuscitations, SPC Togia faced profound personal challenges. Her marriage ended, and she experienced strains in other relationships. During this difficult period, the SRU provided invaluable support, helping her on her recovery journey. The Army Trials offered her a platform to connect with others facing similar struggles, where she found renewed hope and resilience.

SPC Togia is now set to compete in the 2024 DoD Warrior Games. This milestone highlights her strength and perseverance. She credits the Army Rehabilitation Program (ARP) gardening group and her gym community for their support and camaraderie. Guided by the Quranic principle: "Nothing will happen to us, except what God has written for us," her participation in the Warrior Games symbolizes her commitment to overcoming adversity.



Full Name
Melesete Togia

Preferred Name
Mel

Rank/Abbreviation
Specialist/SPC

Service Branch
Veteran

Injury or Illness
COVID-19

Hometown (City, State)
Honolulu, HI

Current Location/SRU
Honolulu, HI

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