



Survivor Outreach Services ...keeping the promise

28th Edition—August 2012

The Mourners Bill Of Rights

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience " griefbursts"
6. You have the right to make use of ritual.
7. You have the right to make use of Spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.



SURVIVOR OUTREACH SERVICES



**Delivering the Army's
Commitment to Survivors**

Survivor Outreach Services
provides support services for
Active, Reserve and
Army National Guard Families.



**ARMY FAMILY COVENANT:
Keeping the Promise**

ARMYOneSource.com

Inside this Edition

- Upcoming Events — Pages 2-3
- SOS Financial Corner— Pages 4-6
- The Road to Resilience— Pages 7-10
- SOS Contacts — Page 11
- Resources—Page 12



UPCOMING EVENTS:

The below is for informational purposes only, and is not intended to imply endorsement by the Illinois National Guard or Survivor Outreach Services Program of any event, organization, corporation, or product.

EMAIL UPDATES

If you received this Newsletter by regular mail, consider sending us your email address so that information can be sent out quickly and at no cost. Send an Email to: bobby.gillmore@us.army.mil and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and events.

SUPPORT GROUPS

Springfield, IL

Support Group for Family Members of Fallen Service Members-
Saturday, July 28th, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME**** Please bring a covered dish. (Pot Luck)

Springfield VET Center, 1227 Ninth Street, Springfield, IL 62703

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-July%20Springfield%20Vet%20Center.pdf>

Support Group for Family Members of Fallen Service Members-
Saturday, August 25th, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME**** Please bring a covered dish. (Pot Luck)

Springfield VET Center, 1227 Ninth Street, Springfield, IL 62703

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-August%20Springfield%20Vet%20Center.pdf>

Washington, IL

Support Group for Family Members of Fallen Service Members-
Saturday, August 25th, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME**** Please bring a covered dish. (Pot Luck)

One Counseling & Wellness LLC, 1003 North Cummings Lane, Washington, IL 61571

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-%20One%20Counseling%20August.pdf>

Support Group for Family Members of Fallen Service Members-
Saturday, September 22nd, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME**** Please bring a covered dish. (Pot Luck)

One Counseling & Wellness LLC, 1003 North Cummings Lane, Washington, IL 61571

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-%20One%20Counseling%20September.pdf>

Chicago, IL

Support Group for Family Members of Fallen Service Members-
Saturday, August 11th, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME****

The Chicago School of Professional Psychology, 325 N. Wells, Chicago, IL 60654

RSVP to Jim Frazier (708) 646-5933 or james.l.frazier_ctr@us.army.mil

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-%20Chicago%20School%20August.pdf>



UPCOMING EVENTS:

The below is for informational purposes only, and is not intended to imply endorsement by the Illinois National Guard or Survivor Outreach Services Program of any event, organization, corporation, or product.

EMAIL UPDATES

If you received this Newsletter by regular mail, consider sending us your email address so that information can be sent out quickly and at no cost. Send an Email to: bobby.gillmore@us.army.mil and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and events.

Veterans' Day Ceremony at the Illinois State Fair August 12, 2012

Lincoln Stage:

- 10:30am: Memorial Service Begins
- Noon: Official Program Begins
- 1:00pm: Lunch Served
- 1:00-3:00pm: Entertainment (Air Force Band of Mid America)
- 3:15pm: Parade Line Up
- 4:00pm: Parade Begins

This year's honored Grand Marshals are Gold Star Families of all Wars & Iraq War Veterans and their Families

Run/Walk for the Fallen 2012

Saturday, August 18, 2012 — 7 am - 1 pm
Charleston, IL High School Track
Contact Vivian Bales (217) 549-0117 or Bill Lair (217) 345-9580

Run for the Fallen

3rd Annual VET Center 5K Fun Walk/Run

Saturday, September 8, 2012 1-5 pm (Registration 1-2 pm — Run starts at 2 pm)
Contact Christine or Sean (217) 492-4955

3rd Annual Bradley R. Smith Memorial 5K Run/Silver Star Award Ceremony

Saturday, September 8th, 2012
Troy Tri-Township Park, Pavilion 10 409 Collinsville Rd., Troy, Illinois

www.runforbrad.org

Pre-registration forms must be received by 8/24/12 (\$25 Fee) - Race day registration fee is \$30

- 7:00 am Sign-In / Registration begins
- **8:00 am Silver Star Award Ceremony on Field 4 ***
- 9:30 am Race Begins at #10 Pavillion

SSgt Jacob Frazier Memorial Golf Outing

Saturday, September 8, 2012 — 11:30 am
Marengo Ridge Golf Club, 9508 Harmony Hill Road, Marengo, IL 60152
<http://www.golfdigestplanner.com/21314-BoosterClubGolfOuting/index.html>

SrA Daniel James Johnson Memorial Golf Classic

September 10, 2012 — Registration begins at 10:30 am
Geneva National Golf Club, Lake Geneva Wisconsin
www.danieljohnsonfund.org



SOS Financial Counseling Services “Financial Corner”

Jon Cook
Rock Island, IL
(309) 782-0815

Mark Dunlop
Ft. Leonard Wood, MO
(573) 596-0153

“MARK MY WORDS”

Mark Her Words



Dr. Kathleen Rehl CFP recently addressed many of the Survivor Outreach Team on the topic of **MONEY-SMART STEPS FOR RECENT WIDOWS**. **Dr. Rehl** is a leading authority on the subject of widows and financial planning. She’s frequently invited to speak on this topic across the country to women’s groups and professionals who assist widows. Kathleen’s world changed forever when her husband died. Five weeks later her widowed mother also passed. From her personal grief experiences, Kathleen’s life purpose evolved helping other widows to feel more secure, enlightened and empowered about their financial matters. She is passionate about helping her “widowed sisters” to take control of their financial future. Her loss motivated Kathleen to write what has become the multi award winning book titled: *Moving Forward on Your Own: A Financial Guidebook for Widows*.

Kathleen shared that the death of a husband is possibly the most devastating event a woman will ever experience. She may wonder, “*Am I going to be able to make it on my own?*” Perhaps she feels overwhelmed and doesn’t know what to do next. Widows are one of the fastest growing demographic groups she shared and her book notes that there are about 12 million widows in our country today, the average age of widowhood is 56, more than a quarter of women age 55, older are widows; half of married women are widowed by age 65, and that increases to almost two thirds at 75+, 80% of baby boomer wives (born 1947 to 1964) will experience widowhood and on average only 7 of 100 widows remarry and most widows experience financial decline.

She was asked, “How does a widow’s grief and emotions impact her money issues? She responded by describing **emotions** and noted that emotions that a widow may experience during her grief and mourning and that may cloud financial decisions. Some of these emotions include: feeling of **numb . . . lost . . . emotionally drained . . . abandoned . . . paralyzed . . . lonely . . . fragile . . . angry . . . weak . . . aimless . . . forgetful . . . helpless . . . frightened . . . overwhelmed . . . disconnected . . . vulnerable . . . relieved . . . pained . . . Guilty**

She reviewed some of the ABC which applies not only to Widows, but also to any Survivors:

A = Always ask questions. "Why is that financial recommendation good for me?"

B = Buyer beware. "If it looks too good to be true, it probably is."

C = Care for yourself. "Spend some of your time and your money with inexpensive self-care activities that improve your overall well-being."

“MARK MY WORDS”

She noted that many widows are largely unprepared to deal with the financial reality that sinks in during the aftermath of losing their spouse and reviewed some of the common mistakes that widows make and described a game plan to help avoid the most common pitfalls. She also described some first steps a widow needs (including accessing one's values) to take after the death of her spouse as well as actions that a couple can take before one of them dies. She noted that issues for survivors range on which side of the bed to sleep on since only one is now in the bed, to financial ones including the issues retirees face when social security payments for the household changes.

Much of the dialog described a Gameplan for action: Even though life seems chaotic, a new widow, or any Survivor, will need to start working on important actions after the funeral or memorial period. Some suggestions for Survivors were:



- **Begin to organize information-get real with your objectives. (Perhaps organize bills, insurance and estate settlement issues in 3 separate colored folders)**
- **Work with an attorney and tax preparer; complete the estate settlement and then work on one's own estate plan based on the new situation**
- **Review cash flow and liquidity needs; Review assets and liabilities**
- **Collect benefits**
- **Adjust health and other insurance coverage**
- **Take care of yourself**
- **In the future, move forward with new goals and your new life but postpone major decisions during the first year when possible (that includes home purchasing). For what financial transactions are done, the suggestion was to get a little notebook and write down everything you do, who you called and what number.**

She also suggested to be beware the financial wolves. She relayed the story of a woman in her 70s who was visited by her husband's agent with her life insurance proceeds: "Before he left, he had sold her a policy on herself and said her husband would have wanted her to have this. He used the whole amount to buy the policy that came with a big surrender charge."

She noted that it is common to feel guilty about getting money because someone died. This can lead widows to feel as if they have more money than they will ever need and want to make a lot of gifts. However she cautioned that the sum of money that looked so large may not look as plentiful after taking into account one's future needs.

“MARK MY WORDS”

Kathleen provided a link to a list of articles that may be of interest to Survivors including:

Five Mistakes You May Be Making — The Wall Street Journal — April 7, 2012
http://online.wsj.com/article/SB10001424052702304023504577319780353829116.html?mod=googlenews_wsj

Footsteps to Follow in the Coming Year — The New York Times — December 31, 2011
http://www.nytimes.com/2011/12/31/your-money/financial-footsteps-to-follow-in-the-coming-year.html?_r=3

Helping widows move forward on their own — Marotta on Money — December 23, 2011
<http://www.marottaonmoney.com/kathleen-m-rehl-helping-widows-move-forward-on-their-own/>

A Widow's Guide to Financial Decisions — The Vanguard Group — October 17, 2011
<https://retirementplans.vanguard.com/VGApp/pe/pubnews/MovingOn.jsf?SelectedSegment=LivinginRetirement>

5 Financial Rules for Grieving Spouses — Pocono Record — October 11, 2011
<http://www.poconorecord.com/apps/pbcs.dll/article?AID=/20111011/FEATURES/110110310&emailAFriend=1>

Estate Planning for Senior Women — Senior Market Advisor — October 1, 2011
<http://www.lifehealthpro.com/2011/10/01/a-study-in-diversity-women?page=11>

Financial planner's own experience helps her guide widows in money matters — St. Petersburg Times — September 25, 2011
<http://www.tampabay.com/news/business/personalfinance/financial-planners-own-experience-helps-her-guide-widows-in-money-matters/1193269>

Alone...and confused — The Wall Street Journal — September 19, 2011
<http://online.wsj.com/article/SB10001424053111903639404576518641069632346.html>

For the Recently Widowed, Some Big Financial Pitfalls to Avoid — The New York Times — September 3, 2011
http://www.nytimes.com/2011/09/03/your-money/4-money-pitfalls-every-widow-should-avoid.html?_r=2

A To-Do List for the Surviving Spouse — Kiplinger's Retirement Report — August 29, 2011
<http://www.kiplinger.com/features/archives/krr-a-to-do-list-for-the-surviving-spouse.html>

Estate Planning — Senior Market Advisor — July 2011
<http://www.lifehealthpro.com/2011/07/01/estate-planning>

Make Estate Planning a Family Affair — Consumer Reports Money Adviser — April 2011
<http://www.consumerreports.org/cro/money/personal-investing/dont-fight-over-money/make-estate-planning-a-family-affair/index.htm>

Money Through the Ages: Pondering Risks in Retirement — The New York Times — March 2011
http://www.nytimes.com/2011/03/24/your-money/24COUPLE.html?_r=1

Financial Planning for One is Easier Than Two-But Hardly Easy — The Wall Street Journal — December 13, 2010
<http://online.wsj.com/article/SB10001424052748704243904575630693097129732.html>

The Road to Resilience

INTRODUCTION

How do people deal with difficult events that change their lives? The death of a loved one, loss of a job, serious illness, terrorist attacks and other traumatic events: these are all examples of very challenging life experiences. Many people react to such circumstances with a flood of strong emotions and a sense of uncertainty.

Yet people generally adapt well over time to life-changing situations and stressful conditions. What enables them to do so? It involves resilience, an ongoing process that requires time and effort and engages people in taking a number of steps.

This brochure is intended to help readers with taking their own road to resilience. The information within describes resilience and some factors that affect how people deal with hardship. Much of the brochure focuses on developing and using a personal strategy for enhancing resilience.

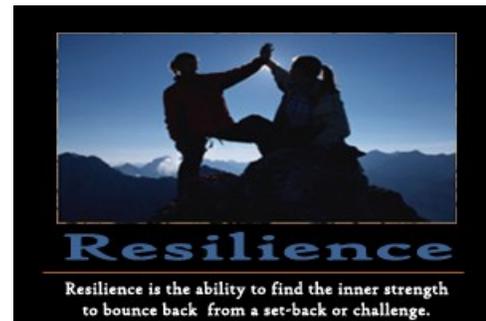
WHAT IS RESILIENCE?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress -- such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences.

Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience. One example is the response of many Americans to the September 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives.

Being resilient does not mean that a person doesn't experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone



RESILIENCE FACTORS & STRATEGY

Factors in Resilience

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models, and offer encouragement and reassurance help bolster a person's resilience.

Several additional factors are associated with resilience, including:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses

All of these are factors that people can develop in themselves.

Strategies For Building Resilience

Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies.

The Road to Resilience

Some variation may reflect cultural differences. A person's culture might have an impact on how he or she communicates feelings and deals with adversity -- for example, whether and how a person connects with significant others, including extended family members and community resources. With growing cultural diversity, the public has greater access to a number of different approaches to building resilience. Some or many of the ways to build resilience in the following pages may be appropriate to consider in developing your personal strategy.

10 WAYS TO BUILD RESILIENCE

Make connections. Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Move toward your goals. Develop some realistic goals. Do something regularly -- even if it seems like a small accomplishment -- that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

The Road to Resilience

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

LEARNING FROM YOUR PAST

Some Questions to Ask Yourself

Focusing on past experiences and sources of personal strength can help you learn about what strategies for building resilience might work for you. By exploring answers to the following questions about yourself and your reactions to challenging life events, you may discover how you can respond effectively to difficult situations in your life.

Consider the following:

- What kinds of events have been most stressful for me?
- How have those events typically affected me?
- Have I found it helpful to think of important people in my life when I am distressed?
- To whom have I reached out for support in working through a traumatic or stressful experience?
- What have I learned about myself and my interactions with others during difficult times?
- Has it been helpful for me to assist someone else going through a similar experience?
- Have I been able to overcome obstacles, and if so, how?
- What has helped make me feel more hopeful about the future?

STAYING FLEXIBLE

Resilience involves maintaining flexibility and balance in your life as you deal with stressful circumstances and traumatic events. This happens in several ways, including:

- Letting yourself experience strong emotions, and also realizing when you may need to avoid experiencing them at times in order to continue functioning
 - Stepping forward and taking action to deal with your problems and meet the demands of daily living, and also stepping back to rest and reenergize yourself
 - Spending time with loved ones to gain support and encouragement, and also nurturing yourself
- Relying on others, and also relying on yourself

The Road to Resilience

PLACES TO LOOK FOR HELP

- Getting help when you need it is crucial in building your resilience. Beyond caring family members and friends, people often find it helpful to turn to:
- **Self-help and support groups.** Such community groups can aid people struggling with hardships such as the death of a loved one. By sharing information, ideas, and emotions, group participants can assist one another and find comfort in knowing that they are not alone in experiencing difficulty.
- **Books and other publications** by people who have successfully managed adverse situations such as surviving cancer. These stories can motivate readers to find a strategy that might work for them personally.
- **Online resources.** Information on the web can be a helpful source of ideas, though the quality of information varies among sources.
- For many people, using their own resources and the kinds of help listed above may be sufficient for building resilience. At times, however, an individual might get stuck or have difficulty making progress on the road to resilience.
- **A licensed mental health professional** such as a psychologist can assist people in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are unable to function or perform basic activities of daily living as a result of a traumatic or other stressful life experience.
- Different people tend to be comfortable with somewhat different styles of interaction. A person should feel at ease and have good rapport in working with a mental health professional or participating in a support group.

CONTINUING ON YOUR JOURNEY

- To help summarize several of the main points in this brochure, think of resilience as similar to taking a raft trip down a river.
- On a river, you may encounter rapids, turns, slow water, and shallows. As in life, the changes you experience affect you differently along the way.
- In traveling the river, it helps to have knowledge about it and past experience in dealing with it. Your journey should be guided by a plan, a strategy that you consider likely to work well for you.
- Perseverance and trust in your ability to work your way around boulders and other obstacles are important. You can gain courage and insight by successfully navigating your way through white water. Trusted companions who accompany you on the journey can be especially helpful for dealing with rapids, upstream currents, and other difficult stretches of the river.
- You can climb out to rest alongside the river. But to get to the end of your journey, you need to get back in the raft and continue.

AMERICAN PSYCHOLOGICAL ASSOCIATION

<http://www.apa.org/helpcenter/road-resilience.aspx/>



Survivor Outreach Services (SOS)

SOS was created to embrace and reassure Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire.

The SOS program continuously strives to provide the highest quality of services to surviving Family members of fallen Warriors. As such, we want to provide you with information on the SOS program in your area. We stand ready to serve you and answer your questions.

Services Available:

- Provide Expertise on State & Federal Survivor benefits
- Arrange for estate and financial advice
- Connect Survivors with mental health support/counseling
- Provide assistance in obtaining military reports
- Provide Survivors with resource referrals for:
 - Peer Support
 - Bereavement Counseling
 - Emergency Financial Services
 - Military Legal Assistance
 - TRICARE
 - Educational Benefits
 - Benefits Assistance

Bobby Gillmore, SOS Support Coordinator
Joint Forces Headquarters, 1301 N. MacArthur Blvd, Springfield, IL 62702-2399
(217) 761-3382 office, (217) 316-1191 cell, email: bobby.gillmore@us.army.mil

Jim Frazier, SOS Support Coordinator
Woodstock Armory, 1301 Sunset Ridge Road, Woodstock, IL 60098
(708) 646-5933 cell, email: james.l.frazier.ctr@us.army.mil

Robert Sheahan, SOS Support Coordinator
East St. Louis Armory, 2931 State Street, East St. Louis, IL 62205-2233
(618) 558-4196 cell, email: robert.sheahan@us.army.mil

Jack Wilson, SOS Support Coordinator
Building 110, East Avenue, Rock Island, IL
(309) 782-8253 office, email: jack.wilson2@us.army.mil

Latanya Yarbrough, SOS Support Coordinator
10 S 100 South Frontage Road, Darien, IL
(630) 910-3213 ext. 224 office, email Latanya.r.yarbrough.ctr@us.army.mil

Check us out online at:

<http://www.il.ngb.army.mil/family/survivoroutreach>

Helpful Contacts and Resources:



Check out the Illinois Connections for Families of the Fallen (ICFF)
“Community Connections” Resource Guide!

http://www.nchsd.org/libraryfiles/HDAFiles/Veterans%20Project/11_11_Resourcesguide.pdf

Military & Family Life Consultants

Central/South (217) 720-0268

North: 708-638-2068

Providing free, confidential problem solving to all service members and their families. MFLC's travel to your home town. (12 free sessions)

Military OneSource

12 free sessions per issue from a counselor in your area (no cost)

1-800-342-9647 or www.militaryonesource.com

Department of Veterans Affairs

Free counseling for all family members including spouses, children, parents and siblings (no cost) 1-800-827-1000 or <http://www.va.gov>

TRICARE

Health and Dental Insurance

<http://www.tricare.osd.mil>

Tragedy Assistance Program for Survivors (TAPS)

1-800-959-TAPS (8277) or www.taps.org

Social Security Administration

1-800-772-1213 or <http://www.ssa.gov>

Defense Finance & Accounting Office

1-800-321-1080 or www.dfas.mil

National Military Families Association (NMFA)

<http://www.militaryfamily.org>

Gold Star Wives of America

1-888-751-6350 or <http://www.goldstarwives.org/>

American Gold Star Mothers

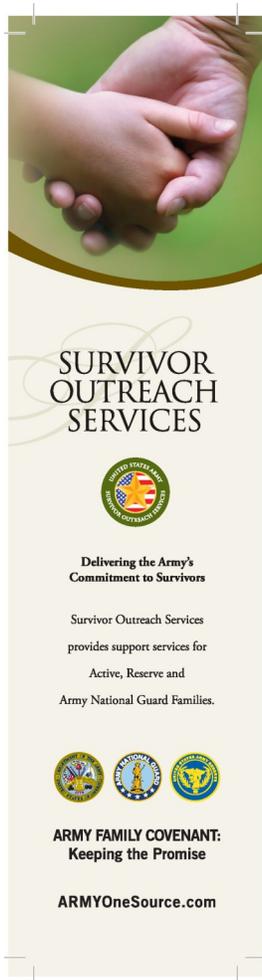
202-265-0991 or <http://www.goldstarmoms.com/>

Gold Star Dads

951-833-2935 or <http://goldstardads.org/>



Army Survivor Outreach Services
1301 N. MacArthur Blvd.
Springfield, IL 62702-2399

A vertical banner for Survivor Outreach Services. At the top, there is a photograph of two hands clasped together against a green background. Below the photo, the text "SURVIVOR OUTREACH SERVICES" is written in a serif font. Underneath is the Army Survivor Outreach Services logo. The text "Delivering the Army's Commitment to Survivors" is centered. Below that, it says "Survivor Outreach Services provides support services for Active, Reserve and Army National Guard Families." At the bottom, there are three small circular logos: the Army, National Guard, and Reserve. Below these logos is the text "ARMY FAMILY COVENANT: Keeping the Promise" and the website "ARMYOneSource.com".

**SURVIVOR
OUTREACH
SERVICES**



**Delivering the Army's
Commitment to Survivors**

Survivor Outreach Services
provides support services for
Active, Reserve and
Army National Guard Families.



**ARMY FAMILY COVENANT:
Keeping the Promise**

ARMYOneSource.com

Check us out online at:

<http://www.il.ngb.army.mil/family/survivoroutreach>