



SURVIVOR OUTREACH SERVICES



Inside this Edition

*Wishing you a joyous
Holiday Season and a
New Year filled with peace
and happiness*

Happy Holiday Message	Page 2
Christmas Tree Safety	Page 3
4 Tips for Healthy Grieving	Page 4
Wreaths Across America	Page 5
The Best Sugar Cookies	Page 6
Dine and Dial	Pages 7
SOS/Resources:	Pages 8-9





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From your Support Coordinators we would like to wish you all Happy Holidays! We ask families that have not received a Holiday card by Christmas to contact us and update your mailing address. If you should need anything this Holiday Season please do not hesitate to contact Survivor Outreach Services.





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Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- » Choose a tree with fresh, green needles that do not fall off when touched.



PLACING THE TREE

- » Before placing the tree in the stand, cut 2" from the base of the trunk.
- » Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- » Make sure the tree is not blocking an exit.
- » Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- » Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- » Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- » Never use lit candles to decorate the tree.
- » Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! One of every three home Christmas tree fires are caused by electrical failures.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every five** of the fires.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Name or Organization Here

Contact Information Here



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4 Tips for Healthy Grieving This Holiday Season

Dealing with loss is never an easy process. Consider these tips for healthy grieving:

1. **Modify expectations.** The holidays will likely be a challenging time with a lot of memories – and perhaps a mix of joy and sorrow in some of those memories. Plan a less intense schedule of activities and surround yourself with people who understand what you're going through.
2. **Enjoy new traditions.** Give yourself permission not to do everything exactly as you've always done it before. It might be a good time to start new traditions, and it's OK to tell people you're doing things differently to remember loved ones.
3. **Share memories.** Some people put flowers in a prominent place or share stories in an intentional way. Everybody has their own way of remembering loved ones, but these are all great reminders.
4. **Ask for help.** If you have children at home, and they're expecting the usual holiday cheer, seek assistance from others. An extra smiling face around the house can help reinforce the holiday spirit and carry it forward while you take needed time for yourself. Counselors can help process strong feelings and questions.



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Survivor Outreach Services Meet and Greet for Wreaths Across America



Join us as we participate in the national Wreaths Across America ceremony and wreath placing event on December 13, 2014.

Survivor Outreach Services will be hosting a meet and greet from 9-10am on December 13, 2014 at the Catigny VFW Post 367, 826 Horseshoe Dr. Joliet, IL 60435. Light refreshments will be provided. Come and join us before heading out to the Abraham Lincoln National Cemetery, 20953 W. Hoff Rd. Elwood, IL 60421 for the ceremony beginning at 11:00am. Following the ceremony we will be part of the volunteers placing wreaths on the grave sites. If you are interested in joining us for this special event, please RSVP to Dawn Sands, Survivor Outreach Services Coordinator at 630-739-7287 or dawn.m.sands.ctr@mail.mil.





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The Best Rolled Sugar Cookies



Rated: ★★★★★

Submitted By: Jill Saunders
Photo By: Dianne

Prep Time: 20 Minutes
Cook Time: 8 Minutes

Ready In: 3 Hours
Servings: 60

"Perfect for decorating! These classic sugar cookies are great for cookie-cutting and decorating during the holidays or anytime you feel festive."

INGREDIENTS:

1 1/2 cups butter, softened
2 cups white sugar
4 eggs
1 teaspoon vanilla extract

5 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt

DIRECTIONS:

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour (or overnight).
2. Preheat oven to 400 degrees F (200 degrees C). Roll out dough on floured surface 1/4 to 1/2 inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6 to 8 minutes in preheated oven. Cool completely.



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Dine and Dial Financial Educational Call for Survivors

Financial “Dine and Dial” (1-626-677-3000 access code 7681905#); January 21th 7:00 PM Central

Facilitated by Mark Dunlop, CFP, Survivor Outreach Financial Counselor,
Fort Leonard Wood: 573-596-0153; [mark.j.dunlop2.civ @us.army.mil](mailto:mark.j.dunlop2.civ@us.army.mil)

Who: Military Survivors and friends are invited to dial into the next quarterly Financial “Dine and Dial” call. The call is called “Taxes, Scholarships, and Financial Strategies” The call will be on two topics which are “Tax Preparation for the Past and Tax Planning for Future.” and “Budgeting for College :The Scholarship Process- How to apply for Scholarships and the Processes involved”

What: This quarterly 75 minute call in program will provide a forum for Military Survivors and friends to ask questions on education tools to better understand investing, estate planning considerations, tax issues and budgeting concerns in creating financial success.

Where: The Call number is (1-626-677-3000 access code 7681905#); the call originates from Ft. Leonard Wood Survivor Outreach Services.

When: January 21 7:00 PM Central

Why: Many Survivors have asked for assisting in navigation education resources including how to better grasp potential projected cash flow. Note: some of the specifics will be based on Missouri issues as this conference call originates from Missouri but the concepts are non state specific. Survivors and friends are invited to join in on this educational presentation.



Survivor Outreach Services 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.

Survivor 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

Check us out online at:

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

Don't like waiting for the monthly newsletter? Be sure to like us on Facebook:

<http://tinyurl.com/IllinoisSOS>

Helpful Contacts and Resources:



**ILLINOIS CONNECTIONS FOR
FAMILIES OF THE FALLEN (ICFF)**

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

[http://d3n8a8pro7vhmx.cloudfront.net/ilcff/pages/17/attachments/original/1397143619/
ICFF_Community_Resource_Guide_2014_IN14013_FINAL2.pdf?1397143619](http://d3n8a8pro7vhmx.cloudfront.net/ilcff/pages/17/attachments/original/1397143619/ICFF_Community_Resource_Guide_2014_IN14013_FINAL2.pdf?1397143619)



U. S. A R M Y
**SURVIVOR
OUTREACH
SERVICES**

Helping Survivors cope with their loss for as long as they desire.

Visit your local SOS Office.

Christine Cooper, SOS Support Coordinator
Joint Forces Headquarters, 1301 N. MacArthur Blvd, Springfield, IL 62702-2399
(217) 761-3382 office, (217) 316-1191 cell,
email: christine.m.cooper10.ctr@mail.mil

Keith Rogers, SOS Support Coordinator
3702 New Era Road, Murphysboro, IL 62966
(618) 457-5686 office; (217) 725-4100 cell, email: keith.e.rogers.ctr@mail.mil

Jim Frazier, SOS Support Coordinator
Woodstock Armory, 1301 Sunset Ridge Road, Woodstock, IL 60098
(708) 646-5933 cell, email: james.l.frazier61.ctr@us.army.mil

Jack Wilson, SOS Support Coordinator
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