



# Survivor Outreach Services ...keeping the promise

**26th Edition—May 2012**



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

**Connections in the Capital City**—*May 5th, 2012 at Lincoln Land Community College in Springfield, IL.*

Illinois Connections for Families of the Fallen (ICFF) in partnership with Army Survivor Outreach Services would like to thank all of the Families that attended this important event.

We enjoyed meeting all of you! Some of the days highlights were captured in a short video.

["Connections in the Capital City"](#)

<https://vimeo.com/42144087>

For those that were not able to attend, please take a look at the video and see what your missing. We will have other events in the future and would love to see more Families become involved.

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**Check out the  
*NEW Army Survivor Outreach Service  
video***

<http://www.dvidshub.net/video/136547/survivor-outreach-services-army-survivors-staying-army-strong>

## 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— Page 4
- Benefits— Page 5
- Healing Tips—Pages 6-7
- In the News Pages 8-10
- 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](mailto:bobby.gillmore@us.army.mil) and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and



**Wounded Warrior Amputee Softball Team**  
**Robin Roberts Stadium, Springfield, IL**  
**Sponsored by VFW Post #755**  
**and the Springfield Park District**  
**HONORING CPL JAMES CHAD YOUNG -**  
**KIA November 3, 2010**

Saturday, June 9, 2010  
2:30 Celebrity Game, 3:30 Firefighters, 6:30 Police Officers  
For information contact Robert Foster (217) 546-9515

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On **June 9, 2012**, beginning at the Hinsdale Oasis going south, at 10:00 AM, **Tribute to the Troops** will sponsor a visit to **three Gold Star Families**. Upon completion of the visits you are invited to attend:

**TRIBUTE TO THE TROOPS**  
**A TRIBUTE TO YOUR HERO**  
**SPONSORED BY THE COUNTRY ROCK STAR**  
**ROCKIE LYNNE**

**WHEN:** JUNE 9, 2012 at 1:00pm

**WHERE:** WHEATON ELKS LODGE (\*\*NOTE: The change in the event location\*\*\*)  
N772 PAPWORTH ST.  
WHEATON, IL. 60187

**WHY:** TO MEET ROCKIE AND THE MEMBERS OF TRIBUTE TO THE TROOPS.

**VENUE:** WE WILL HAVE A PICNIC AT THE ELKS LODGE

**REQUESTS:** IF YOUR LAST NAME BEGINS WITH AN A THRU M, PLEASE BRING A SALAD TO PASS — IF YOUR LAST NAME BEGINS WITH AN O THRU Z, PLEASE BRING A DESERT TO PASS. — **PLEASE BRING A PICTURE OF YOUR HERO SO THAT WE CAN PUT HIM/ HER ON A TRIBUTE TABLE IN ORDER FOR ALL GUESTS TO BE ABLE TO GET TO KNOW YOU AND YOUR HERO**

WE ASK YOU TO PLEASE RSVP TO SANDY OCHSNER AT [WKGNSANDY@AOL.COM](mailto:WKGNSANDY@AOL.COM) OR SUE WEINGER AT [SUSANWEINGER@ATT.NET](mailto:SUSANWEINGER@ATT.NET)

**IF YOU DO NOT HAVE AN E-MAIL, YOU CAN CONTACT SANDY OR SUE AT:**

SANDY  
HOME: 847-224-8601  
CELL: 847-951-5415

SUE  
224-277-1442



# UPCOMING EVENTS:

## Support Group for Family Members of Fallen Service Members-

Saturday, June 30th, 2012 — 10:00-12:00 p.m.

Please bring a covered dish. (Pot Luck)

**\*\*NEW MEMBERS WELCOME\*\***

Springfield VET Center

1227 Ninth Street

Springfield, IL 62703

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

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## Gold Star Wives of America

### 67th Annual Convention

July 10—July 15, 2012

Holiday Inn

2800 Presidential Drive

Fairborn, Ohio

(937) 426-7800

RSVP:

Audrey Easterling at (937) 836-9005 or [4uadrey@yahoo.com](mailto:4uadrey@yahoo.com)

Or Madie Tillman at (937) 258-2905 or [gtillm56@aol.com](mailto:gtillm56@aol.com)

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**3rd Annual VET Center  
5K Fun Walk/Run**

Walk/Run in honor  
of our Fallen Service Members

**September 8 1-5pm**

**Washington Park  
Springfield, IL**

Registration 1-2pm Run starts at 2pm

Food & Entertainment  
Pets welcome

Preregistration available  
Contact Christine or Sean  
217 - 492 - 4955



**Run  
for the  
Fallen**



## 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”

**Rolling a TSP , 401(k) , IRA of a Deceased to another Qualified plan and other options.**

**(Steps to consider when you inherit a retirement account)**

Two interesting articles were shared on a recent conference call related to this very popular question as to the process. It focused on the importance of the Survivor to name beneficiaries and secondary beneficiaries, ensuring the protection of the account and giving flexibility to future heirs and also of “claiming” the asset. This was also a topic that was recently addressed at a SFSP educational event for Financial Counselors that was done by ESQ Steven Spewak. (Author of the highly acclaimed book Love, Money, Control- Reinventing Estate Planning.) On p 270 of the special edition some of these important concepts are very well explained and the information is also described in the following Forbes resources:

[http://www.forbes.com/forbes/2010/0628/investment-guide-stretch-ira-beneficiary-five-rules-inherited-iras\\_2.html](http://www.forbes.com/forbes/2010/0628/investment-guide-stretch-ira-beneficiary-five-rules-inherited-iras_2.html)

<http://www.forbes.com/sites/financialfinesse/2011/08/23/7-steps-to-take-when-inheriting-a-retirement-account/>.

Your SOS Financial Counselor can review options available for those inheriting non Roth qualified assets such as a traditional TSP/ 401(k), 403 (b) or IRA as well as options such as converting it to a Roth IRA and share perspectives of the potential tax ramifications in doing that.

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### **Deadline to Apply for Retroactive Stop Loss Special Pay Extended**

The Defense Department has again extended the application deadline for Retroactive Stop Loss Special Pay, an entitlement to compensate military members who were involuntarily extended on active duty from Sept. 11, 2001 through Sept. 30, 2009. Eligible service members, veterans and their beneficiaries may submit a claim to their respective military service in order to receive the benefit of \$500 for each full or partial month served in stop-loss status.

For specific details access <https://www.stoplosspay.army.mil>.

# BENEFITS — GOLD STAR LICENSE PLATES



Any Illinois resident who is a surviving widow/widower or parent of a person who lost his/her life while serving in the U.S. Armed Forces during peacetime or war may apply. The widow/widower and each parent, or in the absence of a parent, one sibling, may be issued one set of plates.

## Fees

### Random-Number Gold Star License Plates

- Newly acquired vehicle/first-time issuance - \$194 (\$95 title fee + \$99 registration fee)
- Currently titled vehicle/first-time issuance - \$99 (\$99 registration fee)
- Current plates expire within 90 days - \$128 (\$99 registration fee + \$29 replacement fee)
- Current plates do not expire within 90 days - \$29 (\$29 replacement fee)
- Annual renewal - \$99 (\$99 registration fee)

*Switching from current random-number Gold Star plates to vanity and/or personalized Gold Star plates requires a \$29 replacement fee. Registration fee may vary based on current registration.*

### Vanity Gold Star License Plates

- Newly acquired vehicle/first-time issuance - \$194 (\$95 title fee + \$99 registration fee)
- Currently titled vehicle/first-time issuance - \$99 (\$99 registration fee)
- Current plates expire within 90 days - \$128 (\$99 registration fee + \$29 replacement fee)
- Current plates do not expire within 90 days - \$29 (\$29 replacement fee)
- Annual renewal - \$99 (\$99 registration fee)

### Personalized Gold Star License Plates

- Newly acquired vehicle/first-time issuance - \$194 (\$95 title fee + \$99 registration fee)
- Currently titled vehicle/first-time issuance - \$99 (\$99 registration fee)
- Current plates expire within 90 days - \$128 (\$99 registration fee + \$29 replacement fee)
- Current plates do not expire within 90 days - \$29 (\$29 replacement fee)

**Annual renewal - \$99 (\$99 registration fee)**

## To Apply

One must provide a [Gold Star Affirmation](#) statement attesting to receipt of the Gold Star, including the service member's name and relationship to the applicant.

**The request can only be processed in Springfield. Apply in person or mail the proper documentation to: Secretary of State, 501 S. 2nd St., Howlett Building, Room 541 Springfield, Illinois 62756**

## Availability

- Gold Star license plates are multi-year and may be displayed on passenger vehicles, trucks and vans weighing 8,000 pounds or less and sport utility vehicles.

## Eligible for Circuit Breaker

### Renewal Methods

Gold Star license plates can be renewed [online](#), by mail, touch-tone phone, or visit a [Driver Services facility](#).

# HEALING TIPS

## Managing Grief Through Journaling- Kathleen Adams

*Adapted from [www.journaltherapy.com](http://www.journaltherapy.com).*



Conventional wisdom tells us that writing a journal in times of catastrophic trauma is a good and helpful thing to do. The "fine black lines/ on starchy white paper" are kind and patient. They witness without judgment, contain without confinement, fill up and become more in the process of catharsis. As a psychotherapist who has specialized for 15 years in the power of writing to heal body, psyche and soul, I know this to be true.

Here, then, is a cornucopia of 12 ideas and suggestions for writing your way through grief. Most of these can be accomplished in 15 minutes or less, which is helpful for two main reasons. First, when grief is new, feelings are so close to the surface and pain is so raw that short writes are less likely to pitch you into overwhelm. Second, our culture doesn't really support us in grieving, and we are expected to return to work and resume the mantle of everyday life almost immediately after even a catastrophic loss. For many people, shorter writes are friendlier and more adaptable to daily realities.

**1.** First things first: There aren't any rules. Journal writing isn't like flossing; you don't have to do it every day. And it isn't school: You don't have to spell the words right, or punctuate them, or worry about grammar. Give yourself permission to write whatever comes. You're not being judged or graded by anyone else, so please don't judge or grade yourself.

**2.** Choose a journal that fits your lifestyle and feels comfy and nurturing. Some people treasure lovely blank bound books. Others favor spiral notebooks that can be chucked into a backpack. If you think at your keyboard, keep your journal on computer. There is excellent journal software available; I like LifeJournal, available at major bookstores, or on the internet ([www.lifejournal.com](http://www.lifejournal.com)). Or write your journal via e-mail to a support group or mail-ing list of chosen friends and family.

## HEALING TIPS—Continued

3. Time can feel like an enemy when you're adjusting to a loss, so it's comforting and reassuring to document your movement through it. You can do this by numbering the pages of your journal and only writing on one side of the page. Or try writing in a one-year diary with pre-printed pages.
4. Get in the habit of writing three words that describe your feelings at the beginning and end of every journal en-try. This helps you track your feelings over time and gives you an opportunity to notice that emotions shift with time and process.
5. Set the timer and write fast and furious for a predetermined number of minutes -- 5, 10, 15 (more, if you have time, energy and desire). When the timer buzzes, close your book or file and move on. Come back as often as you wish.
6. Because it is common for memory to be affected with acute grief, make to-do lists, and keep them right in your journal or day planner.
7. Make other lists, as well. Lists are great for organizing and categorizing, and their structure is comforting when things feel like they are spinning out of control. Write lists of your emotions, memories, plans, ideas, fantasies and more.
8. Before you go to bed, choose something you'd like to experience the following day -- a feeling of hope or pleasure; an item crossed off a to do list; an experience such as a productive meeting or a gym workout. Write this "Choice du Jour" in your journal. As you go to sleep, reflect on your choice. How would you recognize success? What can you do to ar-range your day to increase the likelihood that your choice will manifest? At night, write for five minutes reflecting on out-comes.
9. When you are aching with longing for your loved one, write "Captured Moments" --brief vignettes written quickly, like impressionistic sketches, of instants of time. Make them intense with vivid descriptions. Reach for sensory details -- the sight, smell, touch, taste, feel of things. Include the emotional senses, too, finding precise words for feelings. A collection of Captured Moments becomes like a written photo album, preserving precious memories for all time. **10.** AlphaPoems are an easy and structured way to get started with poetic expression. Write the alphabet, or the letters of any word or phrase, vertically down the side of your page. Then write a poem in which each successive line begins with the next letter on the page. (It's perfectly xcept-able to make xceptions for xtra hard letters.) Try this even if you think you're not a poet, or that the process sounds silly. You'll likely be amazed at how easily the poem comes, and how much like a poem it actually sounds.
11. Unsent Letters are an excellent way to maintain a sense of communication with your loved one and can offer deep opportunities for soothing and comfort. **12.** Sometimes the only way to get through devastation is to imagine a time when it might not hurt so much. Write a "One Year from Today" entry in which you fast-forward yourself to the healing side of the grief. Allow yourself a glimpse into the future. Imagine your life as if you have wheeled around through four seasons.

# In the News

## CONNECTING FAMILIES OF THE FALLEN

*More than 100 family members of fallen servicemembers gather in Springfield May 5 to celebrate the life of their hero*

*By Spc. Jason Dorsey, 139th Mobile Public Affairs Detachment*

**SPRINGFIELD** – Two Soldiers carefully and quietly placed a wreath between the American and Illinois state flags during a moment of silence, while families of fallen servicemembers reflected on memories of their loved ones.

“We are not here for a solemn remembrance, however, today is celebration of life,” said Maj. Gen. William Enyart of Belleville, the Adjutant General of the Illinois National Guard.

The Illinois Connections for Families of the Fallen (ICFF), hosted the third annual “Connections in the Capital City: Bringing Together Families of the Fallen,” on the campus of Lincoln Land Community College May 5. ICFF encompasses numerous organizations, including the Survivor Outreach Services (SOS) program.

“ICFF is a collaborative effort of representatives of over 25 different local and national agencies, dedicated to helping Illinois families of fallen servicemembers,” said Bob Gillmore of Petersburg, the SOS support coordinator.

The conference was open to all family and friends of fallen Illinois servicemembers. Participants were given the opportunity to remember their loved ones and meet and bond with others who have experienced the same tragedy.

Group workshops, creative arts and a family fair called “Celebrating their Lives,” comprised a bulk of the day.

“These events were carefully chosen to aide in the process of finding their new normal,” said Gillmore.

During the groups and workshops, families discussed the wavelengths of emotion they experience and what they do to cope with hardship.

“It’s very hard for me sometimes, but the hardest part is being strong for my kids and showing them that everything is going to be okay,” said Helen Durbin of Chatham, who attended on behalf of her late brother, Pfc. Adam E. Dobereiner of Moline.

Counselors were readily available throughout the day for anyone who sought services through discussion and on-site consultations.

“The counseling sessions were very insightful, in that I learned better ways to grieve,” said Erin Hotchkins, who attended on behalf of her late husband, Spc. Gunnar Hotchkins of Hinsdale.

-more-

## IN THE NEWS—Continued

During the resources portion of the day, they worked on moving forward and remembering significant benchmarks as well as choosing a counselor and therapist that best meets their needs.

Later, families reminisced about their loved ones on camera.

“The testimonials were very meaningful to me, and ideas on how to commemorate our loved ones were very helpful,” said Ruth Christine Hotchkins of Downers Grove, who also attended on behalf of her grandson Spc. Gunnar Hotchkins

As an additional extension of counseling services, families were provided with a list of the Mourner’s Bill of Rights, to help them remember a healthier, more constructive way to grieve.

### **Mourners Bill of Rights**

You have the right to experience you own unique grief.

You have the right to talk about your grief.

You have the right to feel a multitude of emotions.

You have the right to be tolerant of your physical and emotional limits.

You have the right to experience the “grief burst.”

You have the right to make use of ritual.

You have the right to embrace your spirituality.

You have the right to search for meaning.

You have a right to treasure your memories.

You have the right to move toward your grief and heal.

During the creative arts portion, adults and children alike were allowed to channel their emotions through creativity.

“The art class was a lot of fun and it made me happy to work with other kids who were feeling the same way I felt,” said Anna Borders of Springfield, a family member with Cpl. Chad Young of Rochester.

The day concluded with the family fair simply named, “Celebrating Their Lives.”

One activity was the rock climbing wall, where participants both received inspiration and remembered their fallen servicemember.

After scaling a rock climbing wall, children placed a written memory of their loved one’s courage and strength as high on the wall as they could.

“I like to climb things all the time and I had a lot of fun doing this event,” said Ethan Hotchkins of Montgomery, who attended on behalf of his father Pfc. Gunnar Hotchkins.

At the conclusion of the day’s events, family members wrote the names of their fallen loved ones and a personal message on a piece of paper and attached it to a balloon. After a small countdown, the balloons were released as a symbol of remembrance.

-more-

## IN THE NEWS—Continued

“We remember,” said Enyart. “We will always remember, because we are a service of tradition.”

A total of 247 servicemembers from Illinois have made the ultimate sacrifice since 9-11. Of those servicemembers killed, 34 were part of the Illinois National Guard.

**For Video:** <http://www.dvidshub.net/video/143374/families-fallen>



**Photo by Spc. Jason Dorsey, 139th Mobile Public Affairs Detachment/** Balloons are released May 5 in honor of fallen Illinois servicemembers during the Illinois Connections for Families of the Fallen event at Lincoln Land Community College in Springfield. The event was a celebration of life, as more than 100 families gathered to celebrate their loved one that died while serving in the military.



**Photo by Spc. Jason Dorsey, 139th Mobile Public Affairs Detachment/** Ethan Hotchkins of Montgomery scales a rock climbing wall at the Illinois Connections for Families of the Fallen event on May 5, at Lincoln Land Community College in Springfield. Ethan attended the event in honor of his father, the late Pfc. Gunnar Hotchkins of Hinsdale. The event was a celebration of life, as more than 100 families gathered to celebrate their loved one that died while serving in the military.



**Photo by Spc. Jason Dorsey, 139th Mobile Public Affairs Detachment/** Maj. Gen. William Enyart of Belleville, the Adjutant General of the Illinois National Guard, salutes a wreath placed in memory of all fallen Illinois servicemembers during the opening ceremony of the Illinois Connections for Families of the Fallen event at Lincoln Land Community College on May 5. Since 9-11, 247 servicemembers from all branches have died defending freedom. Of those servicemembers killed, 34 were with the Illinois National Guard.

**For high resolution photos, please contact the Illinois National Guard Public Affairs Office at [ngilstaffpao@ng.army.mil](mailto:ngilstaffpao@ng.army.mil)**

**Become our Facebook Fan!**  
[www.facebook.com/illinoisnationalguard](http://www.facebook.com/illinoisnationalguard)



## 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](mailto: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](mailto: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](mailto:robert.sheahan@us.army.mil)

Jack Wilson, SOS Support Coordinator  
Building 110, East Avenue, Rock Island, IL  
(309) 782-0816 office, email: [jack.wilson2@us.army.mil](mailto:jack.wilson2@us.army.mil)

Latanya Yarbrough, SOS Support Coordinator  
10 S 100 South Frontage Road, Darien, IL 60561-1780  
(404) 563-0593 cell, email: [latanya.r.yarbrough@usar.army.mil](mailto:latanya.r.yarbrough@usar.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](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](http://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](http://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](http://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/>

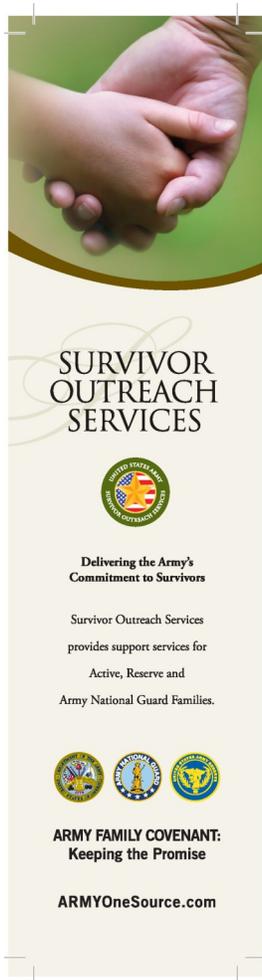
## **American Gold Star Mothers**

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





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 "ARMYOneSource.com".

**SURVIVOR  
OUTREACH  
SERVICES**



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

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Check us out online at:

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