



SURVIVOR OUTREACH SERVICES

JUNE 2014

VIETNAM TRAVELING MEMORIAL WALL

REMEMBERING THE PAST



JUNE 5th - 9th, 2014 | AVISTON PARK

****Viewing 24 hours a day till Monday, June 9th, 8am**

Thursday, June 5th- Noon-Vietnam Wall opens, Aviston, IL

Friday, June 6th, 7pm– Opening Ceremony with Roy Dolgos, Springfield, IL Guest Speaker

****Bring Lawn Chairs****

Sunday June 8th, 7pm– Closing Ceremony with Michelle Baugh, Centralia, IL Guest Speaker

**** Bring Lawn Chairs****



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

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

<http://tinyurl.com/IllinoisSOS>

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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.

The Benefits of Optimism

Superior Health

[In a study](#) of 99 Harvard University students, those who were optimists at age 25 were significantly healthier at ages 45 and 60 than those who were pessimists. [Other studies](#) have linked a pessimistic explanatory style with higher rates of infectious disease, poor health, and earlier mortality.

Greater Achievement

Seligman analyzed the explanatory styles of sports teams and found that the more optimistic teams created more positive synergy and performed better than the pessimistic ones. [Another study](#) showed that pessimistic swimmers who were led to believe they'd done worse than they had were prone to future poor performance. Optimistic swimmers didn't have this vulnerability. Research like this has led some companies to go out of their way to hire optimists -- a practice that seems to be paying off.

Emotional Health

In a study of clinically depressed patients, it was discovered that 12 weeks of cognitive therapy (which involves reframing a person's thought processes) worked better than drugs, as changes were more long-lasting than a temporary fix. Patients who had this training in optimism had the ability to more effectively handle future setbacks.

Increased Longevity

In a retrospective study of 34 healthy Hall of Fame baseball players who played between 1900 and 1950, optimists lived significantly longer. [Other studies](#) have shown that optimistic breast cancer patients had better health outcomes than pessimistic and hopeless patients.

Less Stress

Optimists also tend to experience less stress than pessimists or realists. Because they believe in themselves and their abilities, they expect good things to happen. They see negative events as minor setbacks to be easily overcome, and view positive events as evidence of further good things to come. Believing in themselves, they also take more risks and create more positive events in their lives.

To read the entire article use the link provided and start practicing optimism in your life “The Benefits of Optimism” Staying positive can improve stress management, productivity, and your health By [Elizabeth Scott, M.S.](#) Updated May 23, 2014



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6th Annual
Riding for awareness of PTSD
All gave some, some gave all.

PFC Wyatt D. Eisenhauer
Memorial Ride
6-14-78 - 5-19-05

DeSoto
Carterville
Herrin
Pinckneyville

Memorial Ride
JUNE 21, 2014

Rain or Shine

Special Recognition & awarding of coins to all service members and veterans at 5:00 - 5:30 at the K of C hall

Begins at the Fairgrounds in Pinckneyville, IL
Visit Veterans' Memorials in Southern IL.
All Vehicles and motorcycles are welcome to participate.
Join us at the hall if unable to participate in the ride

Registration at Fairgrounds
8:00 - 10:00am

Kick Stands Up
10:30am

Dinner:
4:30 - 7:00

ALL YOU CAN EAT BBQ

\$15.00 Per Person
\$25.00 Couple
12 and Under \$7.50
3 and Under Free
(price includes ride, dinner, & dance)

Featuring 4-PLAY
from 8:30 - 12. Music until midnight
Auction 4:30 and 50/50
Dance 8:00 - 12:00 (\$5.00 without meal)
Dinner, dance, 50/50 and auction will be held at the KofC Hall in Pinckneyville following the Ride.

Visit www.wyatt-eisenhauer.memory-of.com for further information.
All proceeds go to the Wyatt D. Eisenhauer Memorial Fund.



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**Save the date of July 3 for big event at
Great Lakes Naval Station.**

Families of the Fallen: There will be special parking and seating for the Families, along with recognition during the event. More details and RSVP information to follow soon.

We're Back!

**Naval Station
Great Lakes
Two-Day Festival**

**July 3rd • 4-11pm
July 4th • 3-10pm**

Free & Open to the Public!

**★ One of the Top Three
Festivals in the World!**
Voted by the International Festivals & Events Association in 2011

**Live Music ★ Food
Carnival ★ Bingo
Games ★ Paintball
Family Entertainment
Firecracker 5K Race
Fireworks-July 3rd & 4th ★ More!**

**JOAN JETT &
the BLACKHEARTS**
July 3rd

www.facebook.com/GreatLakes4thofJuly
Details: 847-688-2110, ext. 484 • **www.mwrgl.com**



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BraveHearts
THERAPEUTIC RIDING &
EDUCATIONAL CENTER

SAVE THE DATE

A DAY FOR GOLD STAR FAMILIES FILLED WITH FUN AND HORSES!

AUGUST 3, 2014

**LOCATION: 7319 MAXON
ROAD, HARVARD, IL
60033**

**POC: JIM FRAZIER AT
708-646-5933**

MORE INFORMATION TO FOLLOW



BraveHearts
FAMILY PROGRAM



Bringing hope, joy and unlimited possibilities through the healing power of the horse.



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Honoring Our Fallen and Their Families

Central Illinois Gold Star Families brings together families of service people who lost their lives in combat, due to combat-related injuries, to PTSD suicide, or military-related training accidents

Our purpose is to support one another in our loss.

Family members from all conflicts are invited to participate in this new organization and in a Commemoration planned for Fall 2014.



CONTACT US

Patti Smith, President

2426 W Cornerstone Ct., Peoria, IL 61614

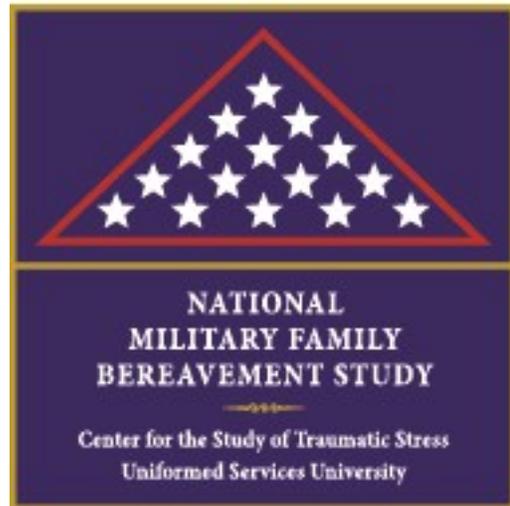
309-231-5090 • [Click to Email](#)

Central Illinois Gold Star Families is a 501c3 organization



Michelle's Thoughts—

They aren't just material items. They are meaningful to us and our loved ones who used them. Read more...<http://inspirebymichelle.com/blog/271-it-wasn-t-just-a-car>



Michelle is a field researcher for the National Military Bereavement Study, interviewing families and collecting information that will help strengthen the resources and support those surviving the death of an active duty service member will receive.

You are eligible for the study if:

- Your loved one died by any circumstance of death while on active duty status since September 11, 2001, in any branch of the US Military (Active, Guard, and Reserve Components of the Army, Navy, Air Force, Marines, and Coast Guard).
- You are the parent (adoptive, biological, custodial)/stepparent, spouse/former spouse/adult partner, minor/adult child, or biological/step-sibling of the active duty service member who died.

To read more about the study and participate in it, go to:

www.militarysurvivorstudy.org



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Captain Matthew Freeman, USMC Gold Star Sibling Scholarship

Background of this scholarship:

This scholarship was established in 2012 to honor the life of Captain Matthew C. Freeman, USMC, and his beloved sisters, Marybeth Macias and Virginia Wiedower, and to acknowledge the struggles and emotional pain when dealing with the loss of a sibling. Captain Freeman was killed in action in Afghanistan on August 7, 2009. A student exhibiting the same high academic standards, leadership, community involvement and dedication to God and country as Captain Freeman, will be awarded the scholarship each year.

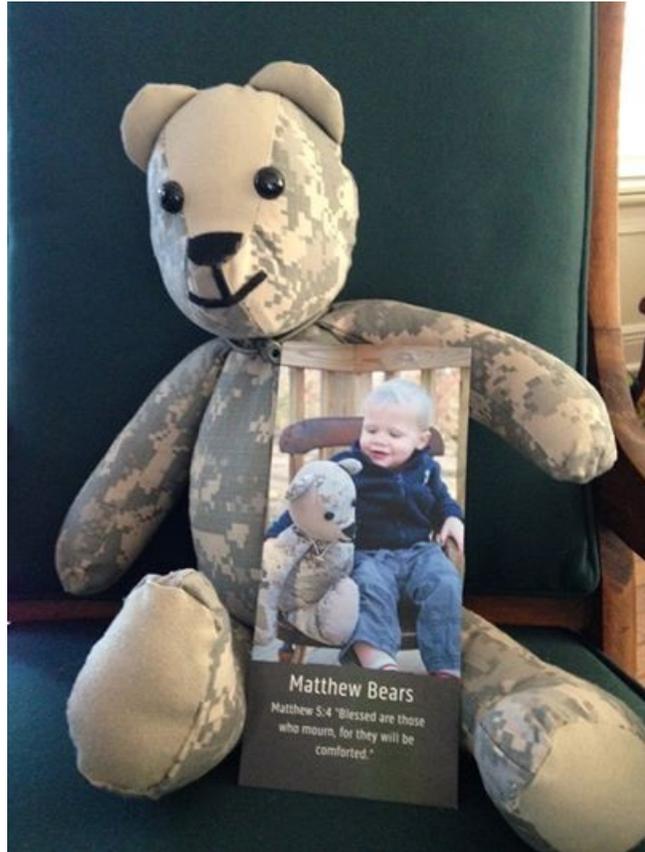
Requirements:

1. Must be a sibling of a fallen military member who was killed while deployed to a combat zone.
2. Must be entering or attending an accredited university or college of choice and must show proof of acceptance.
3. Must attach a DD 1300, Report of Casualty
4. Sealed high school transcripts
5. Picture(s) of you and your sibling and/or family.
6. It is suggested that you view the video on the website, www.freemanproject.org and/or read through the stories on "In Memory of Matthew Freeman" on [Facebook](#) to familiarize yourself with Matthew and how his life affected others.



Matthews Bears was on CNN for Memorial Day. Excited to spread the word about this new mission.

<http://www.cnn.com/video/data/2.0/video/bestoftv/2014/05/23/gold-star-bears.cnn.html>



<http://www.freemanproject.org/matthew-bears>

1. Contact Lisa at lfreeman@freemanproject.org to see if you are eligible for a bear. You will be assigned a seamstress.
2. Give names of children, their relationship to the fallen service member, and the address they will be sent to.
3. You will need to supply name of the fallen service member and the death certificate.
4. Contact Lisa at lfreeman@freemanproject.org if you have any questions
5. Bears are free to family members, however, donations are greatly appreciated.

**In honor of son, brother and husband, Capt. Matthew Freeman, USMC.
KIA Afghanistan 8/7/2009**



SOS Financial Counseling Services **“MARK MY WORDS”**

Mark Dunlop
Ft. Leonard Wood, MO

“Wealth”

The financial education call called “Dine and Dial-An Educational Call for Survivors and Friends” was held April 23, 2014 on Topic of “Wealth”.

Recording Download Link*:

[http://www.freeconference.com/RecordingDownload.aspx?
R=13654508&C=732&E=879022](http://www.freeconference.com/RecordingDownload.aspx?R=13654508&C=732&E=879022)

*This is an MP3 digital audio file, which can be played with any digital audio player supporting MP3 playback (e.g. Windows Media Player, iPod, MusicMatch, iTunes, QuickTime, etc.). It begins at the 15 minute mark and lasts for 57 minutes

Telephone Playback option: Playback Dial-in Number:
626-677-3003 Playback Access Code: 879022

You may distribute the Playback Dial-in Number for playback to anyone you would like to hear the recording. A copy of the PowerPoint used can be requested directly from you Survivor Outreach Support Coordinator or directly from Mark at Mark.dunlop1@us.army.mil

A continuation of the dialog will be on July 9th, 2014 and will focus on the topic of Comparison Shopping and Budgeting as a way to help pursue Wealth.

Dine & Dial Conference call:
Wednesday, July 9, 2014 at 7:00pm
CENTRAL
(1-626-677-3000 access code
7681905)





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

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

Building 110, East Avenue, Rock Island, IL

(309) 782-8253 office, email: jack.wilson2@us.army.mil

Dawn Sands, SOS Support Coordinator

10 S 100 South Frontage Road, Darien, IL

(630) 739-7287 office, email dawn.m.sands.ctr@mail.mil