



SURVIVOR OUTREACH SERVICES

MAY 2014



This month we honor the fallen and remember their ultimate sacrifice with special **Memorial Day** ceremonies, events and gatherings across the State of Illinois.

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

We want to introduce Rebecca Van Nydeggen, our newest Illinois Survivor Outreach Services team member. Rebecca will be serving as a Support Coordinator, working alongside Christine Cooper at Joint Force Headquarters at Camp Lincoln.

A brief message from Rebecca:

"It is an honor to join the Illinois Survivor Outreach Services team and I look forward to serving our Survivor Families. Memorial Day has always been a special day to me. The heroes of World War I and World War II were my inspiration to join the military and those who have followed in their footsteps over the decades have continued to inspire me. You are in my thoughts and prayers this Memorial Day as you create a legacy for your heroes."



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

<http://tinyurl.com/IllinoisSOS>



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.

Resilience Tips



Physical - More than nutritional supplements and mental games, aerobic activity enhances brain functioning and provides protection from age-related decline in functioning.



Emotional - Daily expression and reflection of feelings such as gratitude, appreciation and thankfulness can promote balance within your nervous system, leaving you feeling more rested, calm and alert throughout your day.



Family - A prepared family anticipates, plans and practices their emergency plan so that everyone in the family will know the role they are to play. Families who are prepared are more likely to be resilient through life-changing situations.



Social - Foster and build internal motivation with competence, relatedness and autonomy: goal attainment is more likely if we feel competent and confident in ourselves, are part of a social network that relates and supports our goals, and have personal autonomy.



Spiritual - Turn off all electronic devices for an hour and take a walk in the park or around your neighborhood.



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Hello everyone. Are you a Gold Star Wife interested in meeting with other Gold Star Wives? Would you want to share your experiences with others and make connections with women who share similar stories? While working with some Survivors in my area, I was asked to find other Gold Star Wives that they could meet and connect with. Currently there is not a Gold Star Wives Illinois chapter, so we can work together to start one if there are 5 wives that would be interested in doing this. If you are interested in being a part of starting this chapter, please contact me, Dawn Sands, dawn.m.sands.ctr@mail.mil or 630-739-7287 or your Survivor Outreach Services Support Coordinator. For more information on Gold Star Wives, follow the link to www.goldstarwives.org.



"The future belongs to those who believe in the beauty of their dreams."

~Eleanor Roosevelt, First Lady and Founding GSW Member



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Chicago's Memorial Day Parade honors all men and women who made the ultimate sacrifice in defense of our country.



The Wreath Laying Ceremony will begin at 11am at the Eternal Flame on Daley Plaza (Dearborn and Washington Streets). The parade will step off at noon and proceed south on State Street from Lake Street to Van Buren Street.

The Chicago parade is considered one of the largest Memorial Day parades in the nation. Since 1870, Memorial Day parades have graced the streets of Chicago.

Saturday, May 24, 2014





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Horse Camp



Horse Camp is back!

Choose from six day camp sessions at BraveHearts in Poplar Grove, IL.

Limited number of available seats per session.

Registration is Required

Meals are not provided

Join us for a fun filled day connecting with your service member. Activities includes horseback riding, horse care, and strengthen skills like communication, leadership, resiliency

For all military youth ages 6-17yrs with their service member (or parent/guardian)

Session Dates:
March 8th, 2014
April 5th, 2014
May 24th, 2014
June 21st, 2014
July 19th, 2014
September 5th, 2014

From 9am-4pm

To register or additional information, contact

Sara Lesko
Child & Youth Program Coordinator
Cell: 512-791-4833
Office: 708-824-6062
Email: sara.e.lesko.ctr@mail.mil



child & youth program
illinois national guard

BraveHearts
THERAPEUTIC RIDING &
EDUCATIONAL CENTER

To register or for additional information contact:
Sara Lesko, Child & Youth Program Coordinator
Cell: 517-791-4833; Office: 708-824-6062
Email: sara.e.lesko.ctr@mail.com



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Camp Corral - Military Kids Camp

"Free" Week-Long Camp for Military Dependents Ages 8 – 15yrs



Registration is now open !!
July 6-11, 2014
4-H Memorial Camp near Monticello, IL.
Apply online at: www.campcorral.org

Camp Corral is committed to providing a world-class camping experience for our campers. Each host camp is a little different, but all provide non-stop fun and awesome activities in scenic outdoors areas that span from California to Florida. Camp Corral campers learn new skills, build character and make new friends and memories that will last a lifetime!

Any child from a military family is eligible to apply, although acceptance priority is given to children of wounded, disabled, or fallen military Service members. Additional details can be found on the application website.

Since October 2001, the world in which American military children grow up has been changed dramatically by unprecedented levels of deployment and the increased reliance on Reserve and Guard members. To date, a total of over 2.1 million American men and women in uniform have deployed and of those Service members, approximately 44 per cent are parents.

Camp Corral, a 501 (c) (3) tax-exempt, non-profit corporation, is a free, one-of-a-kind summer camp for children of wounded, disabled or fallen military service members. Since its founding, Camp Corral has grown to 20 camps in 16 states, and served over 4,000 children. Although any child from a military family is eligible, registration priority is given to children of wounded, disabled or fallen military service members.

To register, go to www.campcorral.org

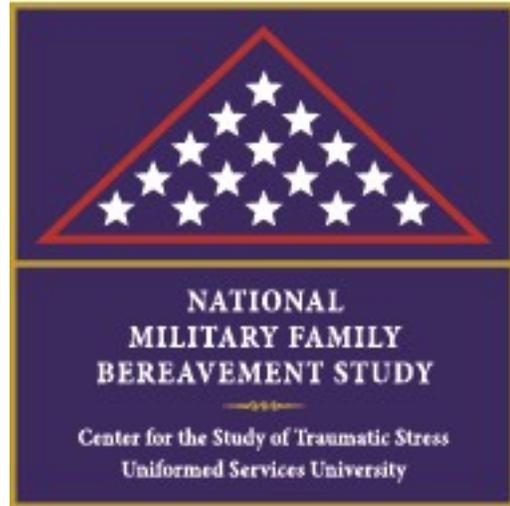


Michelle's Thoughts—

In the month since my mom died unexpectedly, I've found myself doing things that aren't like me at all. It feels as if my brain is like Swiss cheese. Yep, that's grief and it's reason to take better care of myself.

Read more...

<http://inspirebymichelle.com/blog/261-the-highlighter-in-the-fridge>



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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Financial Assistance for Survivors



The United States has become the leader in the world in the war on terrorism. Unfortunately, the battle against terrorism doesn't come without the sacrifice of the lives of some of our military men and women. For this reason, those associated with Armed Forces Children's Education Fund (AFCEF) feel it is our moral obligation to provide some form of assistance to the families left behind. This education fund for the children of those fallen heroes is just a small way for Americans to say "thank you" for the ultimate sacrifice made in the name of freedom. The ARMED FORCES CHILDREN'S EDUCATION FUND, Inc. (AFCEF) was established on May 1, 2003, the first day of National Military Appreciation Month.

<http://www.afcef.org/>



The Freedom Alliance Scholarship Fund honors the bravery and dedication exhibited by Americans in our Armed Forces who have sacrificed life or limb defending our country by providing educational scholarships to their children. Thousands of Soldiers, Sailors, Airmen, Marines, and Guardsmen have been killed defending our great nation and it is our honor to help them achieve the dream of a college education. Freedom Alliance has established a permanent Scholarship Trust Fund to aid the children of these brave Americans, so that we will be able to help the children of American heroes when it is their turn to attend college. Through the generosity of so many patriotic Americans, the Freedom Alliance Scholarship Fund will provide scholarships for thousands of young Americans, reminding them that their parents' sacrifice will never be forgotten by a grateful nation.

Freedom Alliance Scholarship Fund: www.freedomalliance.org/scholarship.htm



<http://www.ngef.org/get-involved/apply-for-the-drs-guardian-scholarship/>



Since September 11, 2001, nearly 800 Guardsmen have made the ultimate sacrifice in support of the Global War on Terrorism. These heroes left behind more than 1,000 children. Established in 2011 and underwritten by DRS Technologies, Inc., the DRS Guardian Scholarship Fund provides college scholarships to the children of National Guardsmen who have been lost in service to our nation since 9/11. Over the past three years, NGEF has awarded 21 scholarships to students through the DRS

Guardian Scholarship Fund. The deadline for applications each year is June 30th.

This year's application is available [here](#) and due by June 30, 2014.

APPLICATION CRITERIA AND INFORMATION

Eligibility Criteria for ALL Scholarship Grants

1. A scholarship applicant must be a dependent son or daughter of a National Guard member who died in an operational or training mission in support of Operation Enduring Freedom, Operation Iraqi Freedom or Operation New Dawn.
2. All scholarship grants are to help cover the cost of tuition, applicable room and board, fees, and books.
3. All educational institutions to be attended by scholarship recipients must be geographically located within the 50 United States, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, or Guam.
4. All scholarship applicants or previous scholarship recipients must apply or re-apply each year no later than June 30.
5. Send scholarship applications and required documentation to:
*The National Guard Educational Foundation
Attention: DRS Guardian Scholarship Fund
One Massachusetts Avenue, NW
Washington, D.C. 20001*
6. Scholarship recipients will be notified no later than August 1.
7. All scholarship grants awarded will be paid directly to the educational institution to be attended by the scholarship recipient.



LEGAL ASSISTANCE Available for Dependent Card Survivors

Fort Leonard Wood Legal Assistance Office , Office of the Staff Judge Advocate
316 Missouri Avenue, Building 315; ATTN: ATZT-JAL-A
Fort Leonard Wood, Missouri 65473
PHONE: 573-596-0629; FAX: 573-596-0105

The Mission of Fort Leonard Wood Legal Assistance Office is to provide eligible personnel with timely, accurate, and courteous legal assistance in civilian and military administrative matters. As part of that Mission, there now are weekly **Estate Planning** briefs provided every Wednesday morning at 08:30 AM. After the brief, appointments may be made for Estate planning, including wills, living wills, and health care powers of attorney.

The Brief will explain wills, living wills, and health care powers of attorney. All clients who would like a will or other estate planning documents are welcome to attend the briefing. After attendance at the briefing, you will have the option to have your estate plan drafted and executed the same day if you complete the questionnaire and have the following:

- *Military ID card
- *Name, address and phone numbers for your agents, executors and guardians of minor children
- *List of Personal Property to be distributed (only if you plan to use a personal property memorandum)
- *Addresses for all real property
- *If you prefer to discuss funeral arrangements in your will we need to know the location and the specifics of your arrangements.

If you have a complex estate plan or cannot provide the required information you will be asked to complete the questionnaire and mail or return it to the office before they can schedule a follow-up appointment. (Will executions are traditionally Wednesday afternoons from 1300-1600.)

Appointments for will-in-a-day will be first come, first served, from 1000-1200 on Wednesday mornings.

All appointments are scheduled one week in advance. For example, at 0800 on Monday or the first duty day of a week. Appointments for the following week will be made on a first contact basis. If your situation warrants immediate emergency assistance, through no fault of your own, please call the office and relate your information to the staff.

In respect to those who may be coming from afar—the JAG is flexible on the appointment times and can send out the “Kit” in advance of the visit



SOS Financial Counseling Services

“MARK MY WORDS”

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

How will the Affordable Care Act (ACA) - commonly known as “Obamacare” - affect Service Members and Military Retirees and their Families and Survivors?

The vast majority of active duty Service Members and their families will see no change in their coverage as a result of the ACA. The only changes will be fee increases, which occur by law. For those paying for TRICARE, TRICARE fees may not increase by more than the annual COLA. Military retirees under the age of 65 will see a COLA in their TRICARE fees. Annual TRICARE Prime fees are \$273.84 for individuals and \$547.68 for families. TRICARE Young Adult monthly fees are \$180 through December 2014 for the TRICARE Prime option, while the fees for the TRICARE Standard option will increase are \$156 a month. Those who are on the Civilian Health and Medical Program for the Department of Veterans Affairs, or CHAMPVA, also are covered completely under the ACA. TRICARE For Life (TFL) meets the minimum standards under the ACA, however, the requirement that all TFL beneficiaries enroll in TRICARE Pharmacy Home Delivery began Feb. 14, 2014; this was a compromise to avoid tripling pharmacy copayments. All TFL beneficiaries must enroll in home delivery through Express Scripts for maintenance medications and remain in the program for a year, after which beneficiaries may opt out of the program. Express Scripts might issue individual waivers on a case-by-case basis. Nursing home patients and those who use a military treatment facility are exempt. Enroll online or by calling Express Scripts at (877) 363-1303.



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



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

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