



SURVIVOR OUTREACH SERVICES



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The 5 Best Ways to Build Resiliency

- NO 1: PUMP UP YOUR POSITIVITY
- NO 2: LIVE TO LEARN
- NO 3: OPEN YOUR HEART
- NO 4: TAKE CARE OF YOURSELF
- NO 5: HANG ON TO HUMOR

READ MORE ABOUT RESILIENCY
[HTTP://EXPERIENCELIFE.COM/
ARTICLE/THE-5-BEST-WAYS-TO-BUILD-
RESILIENCY/](http://experiencelife.com/article/the-5-best-ways-to-build-resiliency/)

Don't like waiting for the monthly
newsletter? Be sure to like us on Face-



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Survivor's Day at the Races

Where: Millionaires Row, Churchill Downs, Louisville, KY

Date: Sunday, 2 November 2014

Time: Gates open 11:30; first race 12:40

Tickets are to Millionaire's Row and include free food from 11:30am until 3:00pm!

Other Items of Interest:

\$2.00 Mutual Voucher for adults over 18 years of age

Youth Activities/ face painting for children of all ages

Attire is casual and comfortable

To reserve tickets, please contact your Survivor Outreach Services Coordinator by email or phone, provide name, mailing address and number of tickets needed. Tickets will be mailed so the deadline to **RSVP is 22 October 2013.**





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[Announcing Snowball Express 2014](#)

When: December 11 to December 15

Where: Fort Worth, Texas

If you already know that you want to register for the 2014 Snowball Express event, please continue to the [Families page](#). If you're not sure, please visit the Testimonials page or the [FAQ page](#) to learn more about the family experience.



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FALLEN SOLDIERS 5K

Putting our shoes to the pavement for those who put their boots on the ground

Race proceeds benefit the Fallen Soldiers 5k Scholarship Fund at Western Illinois University

Oct. 18, 2014 • WIU Spencer Student Recreation Center

Race Information

Packet Pickup

WIU Alumni House: 1009 W. Adams St., Macomb, IL
Registration will also be available
Friday, Oct. 17, 7 a.m.-6 p.m.

Race Day

WIU Spencer Student Recreation Center
1001 W. University Dr.
Saturday, Oct. 18
Check-in/late registration 7-8:15 a.m.
Opening ceremony 8:30 a.m.
Race starts at 9 a.m.
Rain or shine—no refunds.
Race day registration: \$35

Shirts & Medals

Register on or before Oct. 6 to be guaranteed a moisture wicking shirt, a finisher medal and the \$25 pre-registration entry fee.

Prizes & Awards

Overall male and female trophies will be awarded.
Award age groups (male & female):
<15 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

Post-Race Activities

- Race participants may choose to receive one ticket to the football game vs. Illinois State at 3 p.m. Indicate yes or no on registration form.
- Shower facilities are available at the WIU Spencer Student Recreation Center following the race.

For more information, contact Holly Fecht at (309) 298-1861 or at fallensoldiers5k@wiu.edu.

Rollerblades, skates, skateboards, scooters, pets and bikes are NOT permitted. Strollers are allowed. Course is chip timed by ChampionChip24.7!

Race Registration

First Name: _____
Last Name: _____
Street: _____
City: _____ State: _____
Phone: _____
E-mail: _____
Date of Birth: ____ / ____ / ____
Male or Female: _____
*Registration fee \$25 until Oct. 6 and \$35 after.
Make checks payable to: WIU Foundation.*

Entry Fee	T-shirt Size (Circle One)
Fee \$ _____	LADIES XS S M L XL XXL
Donation ... _____	MEN XS S M L XL XXL
Enclosed \$ _____	Complimentary Football Game ticket: Yes No

Drop off or mail: WIU Foundation; c/o Holly Fecht;
1 University Cir., SH 303, Macomb, IL 61455
Register Online: wiu.com/alumni

Release and Waiver of Liability: I, the Undersigned, understand that there are certain dangers, hazards and risks inherent to this activity, which also could include serious or even mortal injuries and property damage, and that Western Illinois University does not assume responsibility for any such personal injuries or property damage.

In consideration of the opportunity to participate, I agree to assume all risks and responsibilities surrounding participation in the activity, and in advance, release and forever discharge, waive and covenant not to sue Western Illinois University, its Board of Trustees, employees and/or any students acting as employees in their official and individual capacities, from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs and expenses of any nature whatsoever which participants may have or which may hereafter accrue to the Undersigned, arising out of or related to any loss, damage or injury, including but while in, on or upon the location where the activity occurs or is being conducted. I further state that I have sufficiently trained for and am in proper physical condition to participate in this event. My signature below represents my acknowledgement of the risks and my voluntary agreement to these terms. I further grant authorization for the free use of my name and/or photographs, videos, motion pictures or recordings of my participation in the event.

Date: ____ / ____ / ____

Signature (Adult or guardian if participant is under 18)



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Central Illinois Gold Star Families

Honoring our Fallen and Their Loved Ones

SAVE THE DATE

TO: Gold Star Family members from all conflicts who have lost a loved one through combat, combat related injuries, PTSD suicide or military training accidents.

WHAT: Inaugural Commemoration

WHEN: Saturday, October 4, 2014 9:30 a.m. –11:30a.m.

WHERE: Barrack's Cater Inn, 1224 W. Pioneer Parkway, Peoria, IL

WHY: To unite survivors of those who lost their lives serving the United States of America.

There will be display tables for you to bring pictures, mementos, medals, etc. to place for viewing during the Commemoration. Ceremony will last approximately 35 minutes immediately followed by brunch. You are invited to join Facebook Closed Group Central Illinois Gold Star Families Please visit our website and upload info/picture of your Hero at www.CentralIllinoisGoldStarFamilies.org –click on Heroes then Add Your Hero tab. We continue to add to our database so please share this with your Gold Star friends in case we do not yet have their contact info.

RSVP to Patti Smith, 309-231-5090, info@CentralIllinoisGoldStarFamilies.org



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Collier House Benefit Fundraiser



On July 8, 2004 Collier Barcus was tragically killed in enemy action in Iraq. As a young hero, Collier touched the lives of many and died so we could be free.

To honor his sacrifice, COLLIER HOUSE has been built and is providing a safe and nurturing retreat for families in crisis. Donations from this fundraiser will be used to offset construction and operational costs of COLLIER HOUSE.

**Saturday, November 1, 2014
5:00 – 7:30 p.m.**

McHenry VFW 3002 W. Route 120 in McHenry

**Spaghetti Dinner: Adults \$15.00
Ages 4-9 \$10 3-under free**

- Raffles • Silent Auctions • Musical By: Just Duet
- St. John's Northwestern Military Academy Silver Rifles Drill Team
- Food Provided by Olive Garden, Sweet Pea Cakes, Woodstock Swiss Maid Bakery

Tickets are available at the door or can be purchased in advance.
Call: 815-385-4881 for information or our website www.collierhouse.org



Collier House is an Illinois not for profit corporation organized in accordance with IRC sec. 501(c)(3). All donations are tax deductible.



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A program of
Community  Connect

Help Starts Here!

Providing information and referrals to:

- Food Assistance
- Shelter and Housing Services
- Employment Opportunities
- Health and Dental Care
- Legal Assistance
- Advocacy
- Counseling
- Volunteer Opportunities
- Child Care and Parenting Resources
- Support Groups
- Youth and Senior Services
- Disability Services
- ...and 2800 additional programs!*

Search our online database for resources at:
www.211riversidecounty.org

Dial 2-1-1

An operator is available:
24 hours a day/
7 days a week

All calls are confidential



United Way of the Inland Valleys



United Way of the Desert

A special thanks to our program sponsors:



Corona-Norco United Way



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“As citizens of the United States of America, we are forever indebted to the men and women who so unselfishly protect our freedoms. It is our objective to communicate through ASC to the children left behind that the memory of their parent will not fade away. We want them to know that there are many Americans that are forever grateful for their parent’s sacrifice.

“With humbleness of heart we aim to honor the memory of the parent by giving a meaningful gift to his/her children on their birthday. Our goal is to reach every soldier’s child, adopting them into the foundation until they are of adult age. We cannot substitute the bond and love of the parent that is forever gone, but with your help we can show them that we really do care.”

<http://asoldierschild.org/>



SOS Financial Counseling Services “MARK MY WORDS”

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



Dine and Dial

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

Financial “Dine and Dial” (1-626-677-3000 access code 7681905#); October 15th 7:00 PM Central

Who: Military Survivors and friends are invited to dial into the **next quarterly Financial “Dine and Dial”** call. The next topic is **“Potential Financial Education Resources for Military Survivors.”**

What: This 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: October 15th 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.mil@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

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