



Survivor Outreach Services ...keeping the promise

29th Edition—September 2012



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

The Army's Casualty Mortuary Affairs Operations Center was just alerted to a "Nigerian scam" - style fraud targeting the Persons Eligible to Receive Effects of a deceased Soldier.

The targeted victim was contacted by "SGT Jack Cribbett, US ARMY, BELANDAY, KANDAHAR, AF-GHANISTAN" via Facebook using the email address jack.cribbett@hotmail.com, who claimed to have located luggage belonging to the Survivor's deceased loved one. In this instance the Survivor became suspicious and broke off the conversation with the scammer when it became clear that the person was going to ask for a large sum of money in return for the supposed belongs.

If you or someone you know is targeted in this scam, please contact Mr. Riley Sallengs, CMAOC Technology Lead at:

(502) 613-8336

Or email: riley.k.sallengs.civ@mail.mil

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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 and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and events.

Run for the Fallen

3rd Annual VET Center 5K Fun Walk/Run

Saturday, September 8, 2012 1-5 pm (Registration 1-2 pm — Run starts at 2 pm)

Contact Christine or Sean (217) 492-4955

3rd Annual Bradley R. Smith Memorial 5K Run/Silver Star Award Ceremony

Saturday, September 8th, 2012

Troy Tri-Township Park, Pavilion 10 409 Collinsville Rd., Troy, Illinois

www.runforbrad.org

Pre-registration forms must be received by 8/24/12 (\$25 Fee) - Race day registration fee is \$30

- 7:00 am Sign-In / Registration begins
- **8:00 am Silver Star Award Ceremony on Field 4 ***
- 9:30 am Race Begins at #10 Pavillion

SSgt Jacob Frazier Memorial Golf Outing

Saturday, September 8, 2012 — 11:30 am

Marengo Ridge Golf Club, 9508 Harmony Hill Road, Marengo, IL 60152

<http://www.golfdigestplanner.com/21314-BoosterClubGolfOuting/index.html>

SrA Daniel James Johnson Memorial Golf Classic

September 10, 2012 — Registration begins at 10:30 am

Geneva National Golf Club, Lake Geneva Wisconsin

www.danieljohnsonfund.org

Support Group for Family Members of Fallen Service Members-

Saturday, September 22nd, 2012 — 10:00-12:00 p.m.

****NEW MEMBERS WELCOME**** Please bring a covered dish. (Pot Luck)

One Counseling & Wellness LLC, 1003 North Cummings Lane, Washington, IL 61571

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

<http://www.il.ngb.army.mil/family/survivoroutreach/resources/Support%20Group%20-%20One%20Counseling%20September.pdf>

Dine & Dial — TOPIC: “TRICARE for Survivors”

A special opportunity for Survivors to speak to some TRICARE Subject Matter Experts.

6PM Central on Oct 3, 2012

Contact your local SOS Support Coordinator for details



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Save the Date

ILLINOIS CONNECTIONS FOR FAMILIES OF THE FALLEN (ICFF)
in partnership with Survivor Outreach Services

Connections at the Zoo!
Part of our continuing series of events for Families of Fallen Service Members
Sunday, October 28, 2012 • 10 am – 4pm
Registration begins at 9 am

BROOKFIELD ZOO Brookfield Zoo
8400 31st Street (1st Avenue and 31st Street)
Brookfield, IL 60513
Chicago Zoological Society
Nurturing Curiosity. Inspiring Leadership.

Details Coming Soon!
For questions contact: (312) 265-9109 or ICFF@hdadvocates.org

Find us on Facebook



SNOWBALL EXPRESS VII
Dallas, Texas
November 30 — December 4, 2012



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”

Mark My Links HOW TO EFFECTIVELY BUDGET

The National Endowment for Financial Education's [SmartAboutMoney.org](http://www.smartaboutmoney.org/) <http://www.smartaboutmoney.org/> will help you draw a spending map so you don't get lost. With four short steps (identify income, list expenses, compare income and expenses, and set priorities and make changes) you can make sure your day-to-day expenses do not distract you from your long-term spending goals. This exercise can help you develop a personal spending plan that allows you to save enough money to achieve your goals.

Using a budget http://www.saveandinvest.org/web/idcplg?IdcService=SS_GET_PAGE&ssDocName=P124971 helps identify money that enters your household and how the money leaves. When your finances are written down, it becomes increasingly clear where you stand financially every month and helps you identify areas where you can scale back spending and increase saving.

Action Plan: Track Your Spending. <http://www.saveandinvest.org/MilitaryCenter/MilitaryFinancialToolkits/MakingEndsMeet/P124955>

There are a variety of budget sheets and net worth estimate worksheet available, your SOS Financial Counselor can assist you to find one that is tailored to your needs.

HOW TO PREPARE FOR RETIREMENT

The *Ballpark E\$timate*® <http://www.choosetosave.org/ballpark/> is an easy to use interactive tool which helps you to quickly identify approximately how much you need to save to fund a comfortable retirement.

HOW TO MANAGE DEBTS

Most people do not yet know that what is on this report has serious implications for your financial life. You can get a free credit report today Federal Trade Commission's document, [Your Access to Free Credit Reports](http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm) <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm> describes how.

National Military Family Bereavement Study



National Military Family Bereavement Study Seeks Participants

While the number of soldiers who die on active duty status continues to climb (estimated at 16,000 since September 11, 2001), there is little we know about helping the loved ones left behind to cope with the grief and anguish of the grief journey, particularly those coping with a military death. A congressionally directed medical research study will look at how families cope with the death of active duty soldier to identify the unique factors of a military death and how that impacts the surviving families.

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/ex-spouse/adult partner; minor/adult child; biological/step-sibling of the active duty soldier who died.

There are multiple phases of this study that one can participate in. The first phase is an online questionnaire and the second phase includes multiple family interviews over several years with at least two members of the family. To participate in the family interviews, you must complete the online questionnaire first. A series of focus groups will take place in various parts of the country and at events where enough participants can be grouped together by loss. Finally, a saliva DNA test will be administered to any participants interested in the biological aspects of grief.

The research is funded through the Center for the Study of Traumatic Death, Department of Psychiatry, Uniformed Services University in Bethesda, Maryland. Community partners include the Tragedy Assistance Program (TAPS) for Survivors and other military-related support organizations.

If you or someone you know is interested in taking part in this study, please visit the web site, www.militarysurvivorstudy.org and submit an email asking for more information. Or send an email to michelle.linn.ctr@usuhs.edu.



Charleston's Run for the Fallen honors soldiers killed overseas

August 20, 2012 6:00 am • [By DAVE FOPAY - H&R Staff Writer](#)

CHARLESTON — Of all the people who did laps on the Charleston High School track Saturday, Brian Bayles planned to be there all day.

And while most of the others were in shorts and

T-shirts or other typical running gear, Bayles instead donned an Army combat uniform, complete with helmet and large backpack.

“It’s what I’d normally be wearing,” said Bayles, who recently got out of the Army after a stint that included two tours of duty in Iraq. It was there that he saw some of his comrades die while serving, which was what drew him and the others to the track Saturday.

Bayles was one of as many as 700 people people organizers expected to participate in the annual “Run for the Fallen” event, which honors soldiers who died while deployed overseas. Participants did one-mile walks or runs on the track while carrying photos of and information on Illinois soldiers killed in either Iraq or Afghanistan, about 250 in all.

“We’re all brothers,” Bayles said. “They died in combat. It’s a way to honor them.”

Run for the Fallen is a national program, and Saturday’s event marked the third year Charleston took part. Organizer Vivian Bayles, Brian Bayles’ mother, said it’s not meant to be a fundraiser or anything except recognition.

“We want to honor their families and let them know we haven’t forgotten them,” she said.

Vivian Bayles also said some of the participants know someone who died in combat, but others “just want to support the military.” The information about the soldiers the participants receive lets them “kind of get to know that person,” she added.

Bill Metzler of Charleston was at the track Saturday wearing an Air Force T-shirt in honor of his daughter Vanessa, who recently completed Air Force basic training.

“I’m a veteran myself,” he said of the event. “It’s heart-breaking.”

The participants placed small U.S. flags in the ground next to a large bell they rang once they completed the mile walk or run.

There were also signs that listed the names of and information about the deceased soldiers. Included were Charles Neeley, Scott Stream and Joseph Eveland, all of Mattoon; Allen Roberts of Arcola; Jared Southworth of Oakland; Cole Spencer of Gays; Gerrick Smith of Sullivan; and Charles Lamb of Casey.

Helping Children Cope with Loss



The first and the most important thing is to provide a sense of security. After a death, your child might cling to you more, have trouble separating, or be extra-fearful of losing you too. When separating, reassure your child in concrete ways about when you will return. For example, you might say, “I will pick you up right after your lunch.” Keep up with routines and activities that are predictable, familiar, comforting, and reassuring as much as possible. This helps children feel safer and more secure at a time when everything may feel different

and unsettled. Be mindful that because children often react to stressful situations through their behavior rather than with words, discipline may need to be flexible. Rather than just punishing problem behaviors, it is important to explore the reasons for the behaviors and to understand that they may be related to grief.

It is also important to be patient. This may be hard to do! Your child’s grief may make his or her behavior and needs more challenging, especially when you are managing your own grief at the same time. Remember that everyone is adjusting to lots of changes in the household and daily life, so there may be ups and downs as time moves on. Your child may need more frequent praise and positive reinforcement. Give extra hugs and comfort.

You can encourage expression of feelings. Drawing, writing, playing, acting, and talking can all help your child to get his or her feelings out. Help your child identify the thoughts and feelings that go with his or her behavior.

It is important to keep in mind that it can be challenging to separate grief reactions from other feelings and behaviors. Children have their own styles and personalities and therefore have individualized ways of grieving. For example, some may hide their feelings while others may be prone to fighting. In addition, as life continues, children are faced with other life stresses such as not getting picked for a team or worrying about tests. In general, if your child’s reactions or behavior become more intense or continue over time, consider seeking outside guidance to help sort out grief reactions from other parenting and child difficulties.

Another important thing is to support your child in maintaining a connection to the person who died. Sharing stories, photos, and memories can help your child keep the person who died an ongoing part of his or her life and identity. As you share memories, follow and respect your child’s lead. If he or she does not seem interested in talking or hearing about the person who died, don’t push it. Try again another time. If your child seems continually and/or intensely distressed when talking about the person who died, or seems indifferent or “shut down,” consider talking to a professional for guidance.

You should also provide an explanation. Even the youngest child needs an explanation of what has happened. Use simple language and follow your child’s cue as to how much information to offer at any given time. Be prepared to repeat the information. If your child is very young, it might take many years and many conversations for him or her to fully understand that the person who died is not coming back, and that this is not the child’s fault.

Helping Children Cope with Loss (Continued)

It is important to keep other important adults informed of what your child is experiencing. Partner with child-care and preschool providers, teachers, coaches, youth leaders, and other adults to support your child by helping them to understand the connection between grief and your child's feelings and behaviors.

Be an advocate for your child at school. Discuss the impact of the death on the child with important school staff. Caregivers and teachers should work together to come up with an age-appropriate plan to help students who feel upset during the day or who worry about caregivers' safety when apart. Be aware if the school tries to diagnose your child with learning, emotional, and/or attention disabilities instead of recognizing the effects of grief. You may need to talk with school personnel about adjusting their expectations about schoolwork. You can refer school personnel to another fact sheet, *Traumatic Grief in Military Children: Information for School Personnel*.



If you have more than one child, be sure to spend one-on-one time with each child in the family so no one feels left out and everyone feels special. This can be something as simple as going to the park or baking together.

You should be mindful of the interaction of grief and other issues. A child's and family's individual situation should be considered. For example, if a child had prior mental health problems or if the parents were divorced, the child may be experiencing additional feelings or encountering new living situations that need attention. Future relationships with extended family members of the person who died should also be handled with sensitivity to minimize additional loss for the child.

And the most basic but important thing is to take care of yourself.

This presentation was created by Katrina S. Crawford under the supervision of Gaurav Singh and Dr. Sayaka Machizawa at The Chicago School of Professional Psychology for Illinois Families of the Fallen.





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

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

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

Jack Wilson, SOS Support Coordinator
Building 110, East Avenue, Rock Island, IL
(309) 782-8253 office, email: jack.wilson2@us.army.mil

Latanya Yarbrough, SOS Support Coordinator
10 S 100 South Frontage Road, Darien, IL
(630) 910-3213 ext. 224 office, email Latanya.r.yarbrough.ctr@us.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

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

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

Social Security Administration

1-800-772-1213 or <http://www.ssa.gov>

Defense Finance & Accounting Office

1-800-321-1080 or 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

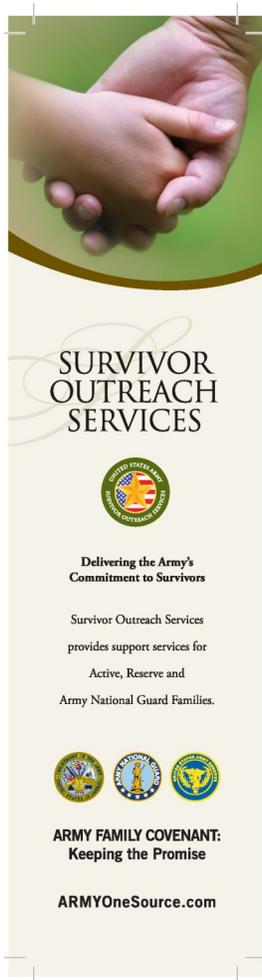
202-265-0991 or <http://www.goldstarmoms.com/>

Gold Star Dads

951-833-2935 or <http://goldstardads.org/>



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, one larger and one smaller, set 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 is the text "ARMY FAMILY COVENANT: Keeping the Promise" and "ARMYOneSource.com".

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