



SURVIVOR OUTREACH SERVICES

SEPTEMBER 2014

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We shall never forget
We shall keep this day,
We shall keep the events and
the tears
In our minds and our hearts
And take them with us as we
carry on.

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

<http://tinyurl.com/IllinoisSOS>





Survivor Outreach Services
3702 New Era Road
Murphysboro, IL 62966

Dear Honored Families,

Good day, my name is Keith Rogers. I am writing to introduce myself as the Southern Illinois Survivor Outreach Services Coordinator. I have been brought on board to fill this position which was recently vacated by Mr. Rob Sheahan. Although I am new to the program, I recognize the honor and privilege it is to be your Services Coordinator. My predecessor in this position has established a firm foundation for me to build upon and I am enthusiastically looking forward to doing just that.

I recently retired from the Army with 20 years of active duty service. My first 6 years I was on active duty with the United States Marine Corps followed by a break in service for about 6 years while I worked at the Saline County Sheriff's Department and then for the Illinois Department of Corrections. The last 14 years I served on active duty with the Illinois Army National Guard here in Southern Illinois. I am a veteran of Operation Desert Storm as well as Operation Enduring Freedom. It is my desire to continue to serve my country in a new capacity which will honor the service and sacrifice of the fallen.

Meanwhile, as I get settled and organized I will work to gain a full understanding of who all your heroes are to better support any needs that might arise. Please accept this short note as an invitation to contact me for any immediate concerns or if any issues are pending from my previous colleague. I will be diligent in my efforts to reach out to each and every one of you individually in the weeks to come.

As has always been the case, please call or contact me anytime when I may help you solve a problem, or if you just want to talk.

Respectfully,

Keith Rogers
Survivor Outreach Services Coordinator
HRCI Contractor
Office: (618) 457-5686 Cell: (217) 725-4100
keith.e.rogers.mil@mail.mil



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National Suicide Prevention Week, World Suicide Prevention Day and Army Suicide Awareness Month 2014

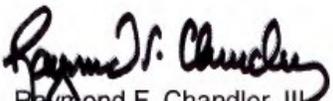
Enhancing Resiliency – Strengthening Our Professionals

Our Soldiers, Civilians and Families remain our strength, demonstrating unparalleled skill and professionalism as they support our great Army and defend our Nation. While our commitment to them extends year-round, we call special attention to our ongoing efforts to build individual resiliency skills during the Army's observance of Suicide Awareness Month. This year's theme, "Enhancing Resiliency – Strengthening Our Professionals," reinforces our pledge to not only build resilience, but to support those in need - enhancing performance, increasing readiness and building a stronger force.

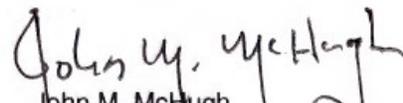
We are committed to reducing the number of suicides in our ranks and believe that our Ready and Resilient Campaign is effectively providing Soldiers and leaders important tools in that mission. We challenge every member of the Total Army Family to seek training opportunities, use available services and resources and continue to develop skills which build personal resilience and lead to positive outcomes during periods of increased stress.

This September, in support of the Ready and Resilient Campaign, leaders across the Army should assess their units and engage in events and training to foster a climate of trust that supports help-seeking behaviors. Leaders must set the conditions for enduring culture change in our profession by being interveners instead of bystanders and by living the Army Values daily. Additionally, leaders must bolster resiliency through education and through training and awareness activities. These include training in Comprehensive Soldier and Family Fitness, prevention of sexual harassment and assault, suicide prevention, assessments and intervention techniques and activities that support stigma reduction.

We have an immense opportunity and responsibility to shape the Army of the future. Our Army is already strong, and by working together, we can be even stronger. We will continue to strengthen our profession by holding ourselves and each other accountable and by empowering those around us to build a culture of resilience. Army Strong!


Raymond F. Chandler, III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army



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ILLINOIS CONNECTIONS FOR FAMILIES OF THE FALLEN (ICFF)

Invites you to join us for

Connections at the Zoo: Bringing Families of the Fallen Together

Sunday, September 14, 2014 • 10:00 am–4:00 pm

Registration begins at 9:30 am • Brookfield Zoo
8400 31st Street (1st Ave. & 31st St.) South Entrance • Discovery Center
Brookfield, IL 60513

Complimentary for all attendees: Lunch, Zoo Admission, Dolphin Show, Child Care and Parking

- **Designed for all ages and relationships – Children, Teens, Siblings, Spouses, Parents and others**
- **Share memories and make new friends**
- **Counselors and child care will be available**
- **Fun/Food/Prizes – Zoo Tickets and more!**



AGENDA



Chicago Zoological Society
Inspiring Community Endurance



Morning

- Registration
- Welcome/ Ice Breaker
- Optional Concurrent Sessions:
 - Family Puzzle
 - Navigating Grief "Blocks"
 - Support Group

Lunch

- Optional Concurrent Sessions:
 - Planning an "Honor" Event
 - Team Building for the Family

Afternoon

- Operation Gratitude
- Dolphin Show at 2:30
- Explore the Zoo until close

Register online at: <http://tinyurl.com/ZooSept14> (Space is limited)
For questions contact: (312) 265-9096 or rward@hdadvocates.org
See reverse side for workshops & Zoo information.

Find us on Facebook • www.facebook.com/ILCFF • Visit our website • www.ilcff.org • Visit us on twitter • twitter.com/hdavets

[Register online at: http://tinyurl.com/ZooSept14](http://tinyurl.com/ZooSept14)



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Bureau County Homestead Festival



Photograph Courtesy of Mike Vaughn

Back in the Day

*43rd Annual Bureau County
Homestead Festival*

September 12th – 14th | Princeton, IL



www.homesteadfestival.com



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Illinois Motorcycle Freedom Run's Evening at the Wall

In honor of Gold Star Mothers.

September 27, 2014

The event will be held at
Middle East Conflicts Wall Memorial
200 Riverfront Drive, Marseilles, IL

To RSVP for the event, interested parties should
call Ms. Linda Rose 708-715-7515 or email

lsrose50@gmail.com.



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PFC Aaron Toppen

PFC Aaron Toppen grew up in Mokena, attended Mokena Public School District #159 and graduated from Lincoln Way East High School in 2013. From a young age, PFC Aaron Toppen was incredibly patriotic and dreamed of following in the footsteps of both his maternal and paternal grandfathers by enlisting in the military to serve the Country he loved.

RACE DETAILS

Be a part of the 1st annual **Our Fallen Hero 5k run/walk** event, honoring the sacrifice made by PFC Aaron Toppen. Come out and enjoy a 5K run/walk on a USATF certified course (IL-14116-JW) that will take you through the streets of Mokena. Participants will run part of the course on Townline road which is soon to be designated as Aaron S. Toppen Memorial Drive. After the run, stick around for the awards ceremony raffle, post-race refreshments and entertainment.

Event details

When: Saturday, September 27th, 2014. 8:00 a.m. Start Time

Where: Willowview park parking lot: 11420 West 197th Street - Mokena IL, 60448

FREE parking available in Mokena Elementary school (enter off Wolf road) and Mokena Intermediate school (enter off 195th street) lots. Parking lots are located just east of Willowview Park.

All pre-registered participants will receive a custom-designed T-shirt, a "goodie-bag", post-race refreshments and one raffle entry.

<https://www.signmeup.com/site/online-event->



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A collage of several photographs with scalloped edges, set against a background of an American flag. The photos show various individuals, including a woman in a red shirt, a young man in a denim jacket, a woman with glasses, and a young child. One photo shows a man in a military uniform.



GOLD STAR MOTHER'S DAY
Sunday, September 28th, 2014

REMEMBER
RESPECT & HONOR
SURVIVING MILITARY MOTHERS ON THIS SPECIAL DAY.



To learn more about the symbols of honor that Gold Star Mothers wear, visit GoldStarPins.org



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

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

4 Things you might not have known about your Cell Phone

For all the folks with cell phones. (This should be printed and kept in your car, purse, and wallet. Good information to have with you.) There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

FIRST (Emergency) The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112, and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

SECOND (Hidden Battery Power) Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you re-charge your cell phone next time.

THIRD (How to disable a STOLEN mobile phone?) To check your Mobile phone's serial number, key in the following Digits on your phone: ***#06#** . A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones. *And Finally...*

FOURTH (Free Directory Service for Cells) Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial:

(800)FREE411 or **(800) 373-3411**

(801)without incurring any charge at all. Program this into your cell phone now.



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Fry Scholarship Extended to Surviving Spouses

A small provision in the recently passed [Department of Veterans Affairs \(VA\) health care bill](#) significantly boosts the educational benefits provided to the surviving spouses of fallen service members

Established in 2009, the Gunnery Sgt. John D. Fry Scholarships have been awarded to the surviving dependent children of those who have died in the line of duty since 10 September 2001. The Fry Scholarship provided benefits nearly identical to those provided by the Post 9/11 GI Bill, including tuition, a housing allowance, and an annual book allowance.

However, the surviving spouses of the same service members were entitled to Dependents Educational Assistance (DEA), a program that pays a flat rate of \$1,003 per month. The Fry Scholarship program is a significant increase in benefits that will help surviving spouses as they move on with the next phases of their lives.

Eligible spouses can apply for the [Fry Scholarship via the VA Website](#). As this legislation has just passed, I anticipate it will be a few days before the VA catches up. In the meantime, spouses can make educational plans for the fall with significantly fewer worries about the financial side of things.

This is the type of fabulous program that many widows and widowers don't know about because they aren't in the military news loop. If you know anyone who might be eligible for this new benefit, be sure to share this information with them.

http://www.va.gov/opa/persona/dependent_survivor.asp



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ROCKFORD, ILL. (AP) -- Illinois Gov. Pat Quinn has signed legislation allowing the sons and daughters of fallen members of the U.S. armed forces to apply for special Gold Star license plates.

The Chicago Democrat signed the measure Saturday in Rockford. He called the license plates "a small but constant reminder" of the service members' sacrifice.



The legislation was sponsored by two Republicans: Rep. John M. Cabello of Machesney Park and Sen. Dave Syverson of Rockford.

Spouses, siblings and parents of fallen troops already may apply for Gold Star plates. The law expanding the plates to children takes effect Jan. 1.

http://www.cyberdriveillinois.com/departments/vehicles/license_plate_guide/military/gold_star.html



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Gold Star Family Get-Away

Please honor the legacy of Spc. Collier E. Barcus' desire to "...Make a Difference..." and the sacrifice of your military loved one in service to our country,

by visiting COLLIER HOUSE in Clark, Wyoming.

Located on a ridge overlooking Clark Wyoming and the Beartooth mountains, two hours from Yellowstone National Park,

COLLIER HOUSE

is the perfect setting to rest, relax and remember your loved one.

For further details contact Sandy Barcus at 815-385-4881 or www.collierhouse.org



Sandra Barcus, the mother of Collier Barcus, had a dream to provide a safe, comfortable home where families can heal from the trauma and stress in their lives. Collier House is set high upon a ridge overlooking the beautiful Clark River near Mt. Carmel Youth Ranch in Cody, Wyoming. This peaceful, quiet retreat in the mountains was built to help guests reminisce, reflect, and most importantly, heal.

Reservations may be made for short-term lodging through the Collier House staff. Lodging is available to the following:

Family of military personnel killed in action

Gold Star Families

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



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

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(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