



Survivor Outreach Services
Serving Survivors of Illinois' Fallen Soldiers
"Never Forgotten.....Never Alone"
December 2011 Bulletin – 20th Issue

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

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Check us out online at:

<http://www.il.ngb.army.mil/family/survivoroutreach>

Bringing Families of Fallen Servicemembers Together

Story by Spc. Dorian Daily, 139th Mobile Public Affairs Detachment

BELLEVILLE, IL (11/08/2011)(readMedia)-- Losing a family member can be difficult, especially when that loved one made the ultimate sacrifice while serving his or her country. However, those who grieve do not have to take the journey alone.

The Illinois Connections for Families of the Fallen (ICFF) held a conference "Connections in Southern Illinois: Bringing Families of the Fallen Together" on the campus of Southwestern Illinois College Nov. 5. ICFF is a coalition of more than 25 organizations, including the Army Survivor Outreach Services (SOS) program.

"ICFF ensures families are connected to resources, connected to their local community, and connected to peer support," said Bob Gillmore, the support coordinator of Army Survivor Outreach Services and native of Petersburg.

The event was open to the families of fallen servicemembers. Participants were asked to bring a personal token of remembrance to use as a symbol of strength.

The event was comprised of three tracks: groups/workshops, resources, and creative arts.

In the groups/workshops track, participants discussed how they coped with the loss of their servicemember. Everybody described their grieving process differently.

"We found that we were so busy, we really didn't have time to grieve," said Sheila Tracy of Palestine, who attended on behalf of her son, Pfc. Jacob Tracy.

In the resources track, participants learned how to improve advocacy skills, develop peer networks in their home area, reach financial goals, and change or restart their careers.

The creative arts tracks helped participants reveal a creative side some may have thought they never had.

"Art therapy is a mental health profession that uses a creative process and art materials to help people express themselves," said art therapist Leslee Goldman of Evanston. "When it comes to mourning a loved one, it becomes another language of expression for those who cannot find the words to say. The grieving process can be long and challenging and not everyone is comfortable with just talking."



U.S. Army photo by Sgt. Nathan Hastings, 139th Mobile Public Affairs Detachment/ Kim Smith and Kris Harden from East Peoria, participate in an art therapy session during the "Connections in Southern Illinois: Bringing Families of the Fallen Together" conference on the campus of Southwestern Illinois College, Nov. 5. The two were making flags that had different memorabilia items that reminded them of their fallen servicemember.

Children also attended the event and participated in activities with their family. The activities were designed to help families share positive memories of their loved one.

"My dad was a really nice person who wanted to make his family happy and laugh," said a young Belleville participant describing his father, who served in the Marine Corps and Air Force. "He is irreplaceable."

Another young participant, Jayse Weikert of Jacksonville, described his father, Staff Sgt. Matthew Weikert in only one word: "Awesome!!!"

Participants also had the opportunity to contribute to The Memorial Mosaic Wall, which was created by using tile pieces. Everyone contributed one piece to create an entire picture. It will travel throughout Illinois to enable others to contribute to this ever evolving piece.



U.S. Army photo by Sgt. Nathan Hastings, 139th Mobile Public Affairs Detachment/ Participants had the opportunity to contribute to The Memorial Mosaic Wall, which was created by using tile pieces at the "Connections in Southern Illinois: Bringing Families of the Fallen Together" conference on the campus of Southwestern Illinois College, Nov. 5. Everyone contributed one piece to create an entire picture. The wall will travel throughout Illinois to enable others to contribute to this ever evolving piece.

The purpose of the SOS program is to provide long-term support to families of the fallen. This is done by facilitating support groups, providing life skills education, and connecting Survivors with counseling resources. SOS also works closely with benefits coordinators, casualty assistance officers, and others to ensure survivors receive the necessary services.

**Check out the Illinois Families of Fallen Service Member Task Force
“Community Connections” Resource Guide!**

http://www.nchsd.org/libraryfiles/HDAFiles/Veterans%20Project/IN7511_Resourceguide.pdf

A Soldiers Child Birthday Foundation

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

The inspiration for A Soldiers Child Birthday Foundation came while Daryl Mackin, founder, was preparing for his own 6 year old son's surprise birthday party. Like most parents, he was easily caught up in all of the "chores" required to pull off the birthday celebration.

I quickly lost sight of the joy of the moment. I was sitting at my computer at work, where on my wall I have a memorial of Staff Sgt. Marc Golczynski. Marc is the son of my neighbors, Henry and Fay Golczynski, and a fallen soldier of the Iraq war. I also have a very moving picture of Marc's son Christian receiving his father's flag. This photo by Aaron Thompson won photo of the year. It went all over the world. As I finished typing out my son's invitations and gave a big sigh of frustration, I looked up at my wall and was immediately convicted in my spirit for my negative attitude. My heart turned to Christian Golczynski, who will never be able to have a party planned by his dad.

There are many children like Christian that will never receive another birthday gift from their father/mother because they gave their life while defending our freedoms. Likewise the fallen soldier will never be able to give their child a surprise birthday party, a bicycle for their son, a necklace for their daughter, or financial assistance for their child's first car or pursuit of higher education.

U.S. Marine Staff Sgt. Marcus Andrew "Marc" Golczynski (Christian's father) wrote this in a letter to his mother shortly before he died in combat:

We are warriors... we fight and sometimes die so that our families don't have to... Stand beside us.

This is the intention of A Soldier's Child Birthday Foundation.

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 A Soldiers Child 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. Christian Golczynski was the first child to receive a gift from ASC, and 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.

Tips for Self Care

By Judy Tatelbaum , LCSW

Taken from TAPS Magazine, Fall 2011

DIET: A healthy, well-balanced diet of proteins, vegetables, fruit, grains, and a minimum of fats and sugars is important. We can educate ourselves on what comprises a healthy diet, information that is available from our physician, the American Heart Association or other health groups. It is useful to know that too much sugar depletes us and to discover which foods energize us.

EXERCISE: Regular exercise like walking, running, swimming, bicycling, tennis, racquetball, and so on is recommended at least three times a week. If you are under stress, daily exercise anywhere from twenty minutes to two hours can increase energy and a sense of well being. This can make a particular difference after a loss, trauma, or stress.

REST: In contrast to activity, we may also need rest. Those of us who tend to drive ourselves particularly hard may recover best with rest periods, lying down and taking it easy sometime during the day. Cat naps, reading breaks, or closing our eyes for fifteen minutes can be rejuvenating. Both rest and sleep can regenerate us.

MEDITATION: This is another form of rest or rejuvenation. Taking twenty minutes to go inward one to three times a day can be very healing. There are many techniques and books on meditation. One simple form of meditating is to sit with eyes closed; listening to classical music for one side of a long-playing record is approximately twenty minutes.

PEOPLE SUPPORT: The support of a friend, colleague, therapist, counselor, teacher, minister or rabbi can be valuable nourishment. We benefit when we can talk intimately, clear up feelings and reactions, be understood or have a witness to our experience, and be encouraged to move forward. Friends and family may worry too much about us or get involved in our problems or be unavailable, so at times someone outside our regular life can be very supportive in re-gaining balance.

NOURISHMENT: Activities that nurture our bodies, like massages, hot baths, sun baths or whatever personally appeals to us, are particularly supportive. This kind of nourishment is not related to eating and food. Many of us habitually deny our needs, so we may have to dig deeply to discover what would nourish us.

TIME ALONE: At times it may be beneficial to take time to be alone to do nothing, look at the scenery, read, daydream, watch television, and rest. How much time alone each of us needs may vary. Taking time for oneself can be a way for spirituality and creativity to emerge during or after the time spent alone.

TIME OFF: This means time away from the usual routine, like vacations or days away from home. If vacations are not feasible, consider a drive or walk in the country or any environment that is different from usual.

PLAY: Playing one hour a day can be regenerating. Many of us have lost the idea of play while growing into adult-hood. We may need to look again at what play would involve for us now. Games, sports, shopping, or crossword puzzles are a few examples of what we might enjoy.

EXERCISE RESPONSIBILITY FOR YOUR WELL-BEING

After reading the above steps regarding self-care, make a list of specific steps that would be beneficial for you. What relaxes you? What delights you? What engages you? What is fun for you? Write all these answers down for further use, and carry them in your daily calendar or post them on your mirror or refrigerator.

Other grief related articles are on her website: www.judytatelbaum.com

She can be reached by email at: jtmiracle@comcast.net



SOS Financial Counseling Services

John Cook
Rock Island, IL
(309) 782-0815
Jon.c.cook.civ@mail.com

Mark Dunlop
Ft. Leonard Wood, MO
(573) 596-0153
mark.dunlop1@us.army.mil

James Bruner
Darien, IL
(800) 315-6327 ext. 313
James.d.bruner2.ctr@usarmy.mil

IDENTITY THEFT RESOURCES AND TIPS

PERSONALLY VIEW YOUR CREDIT REPORT

Every 12 months you can order a report from each credit reporting agency for free. Most consumer experts suggest staggering your reports (ordering one every four months). Use the free, official government site only: www.annualcreditreport.com, NOT the freecreditreport.com website. Additional Identity Theft tips can be found at <http://www.ftc.gov/bcp/edu/pubs/consumer/idtheft/idtheft05.shtm>

Note: the fraud alert is a 'flag' you can place on your credit report after being victimized. This alerts potential creditors that you are a potential fraud victim. Unfortunately, creditors aren't required to abide by [or even check] the alert. Another tool is a credit freeze. This prevents creditors from issuing credit altogether and blocks others, including potential creditors, landlords and employers from viewing your credit report. Freezes are free for identity theft victims and available at a nominal cost for others.

(You can also place an "Active Duty Alert" to prevent identity theft if you are deployed. Call 888-766-0008 to set up a free "Active Duty Alert." For more information see: www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt147.shtm .)

One can also visit www.consumerunion.org or www.financialprivacy.org for more specific information on credit reports.

OPTING OUT – PHONE & MAIL OFFERS

In order to prevent your personal information from unintentionally getting out, the National Do Not Call Registry allows you to register both land lines and cell phones online at <https://www.donotcall.gov> or over the phone 1-888-382-1222, calling from the number you are

registering. Information on the National Unwanted Telephone Marketing Call list is at: <http://www.fcc.gov/cgb/consumerfacts/tpa.html> . (Note: Cell Phone Numbers went Public in October, 2011 so you may want to do the same to minimize telemarketing companies from calling you on your cell phone (and potentially using some of your minutes) It will only take a minute of your time. It blocks your number for five (5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number. <https://www.donotcall.gov/default.aspx>

The National Do Not Call **Registry list** only applies to calls across state lines. Sales calls within a state will still be permitted unless you also opt out of solicitations through your state. It is important to understand that many states also have a state do not call list as well for companies calling with the state. In these states, one needs to ALSO opt out of the state list if they desire to do so. Information is at <http://www.the-dma.org/government/donotcalllists.shtml> . For example, in Illinois, The Federal Trade Commission (FTC) and the state of Illinois each operate a No Call registry. In order to achieve maximum protection from unwanted calls in Illinois, it is best to sign up with both. (To sign up for Illinois No Call: <http://www.illinoisattorneygeneral.gov/donotcall/donotcall.htm>.) However, some states such as Michigan have simply adopted the FTC Do Not Call Registry as the State' s Do Not Call List.

Registration won't stop all nuisance calls. Banks, phone companies, airlines, insurance companies, nonprofit charitable organizations, and politicians are not under the jurisdiction of the FTC, and won't be impacted by the list.

OPTING OUT -- CREDIT OFFERS

Here are two good ways to stop [or at least slow] offers for credit:

(1) Go to www.OptOutPrescreen.com (or call 888-5-optout). These are the credit reporting agencies opt in/opt out resources to stop the agencies from selling your information to direct marketers. You can opt out for a five-year period or permanently (*you can always opt back in if you decide you miss the mail!*). If you use the website provided, you can fill out a very brief, simple form to opt out. It will then provide a screen with the information you provided that you will need to print out, sign, and mail to the address provided in order to permanently opt out. If you don't do that last step (print and mail), it will opt you out for a 5-year period instead. <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre17.shtm> gives details on how to opt out of prescreened credit offers.

(2) Direct Marketing Association (DMA) Do Not Mail file: <https://www.dmachoice.org> . The site also shares information for getting off of commercial e-mail lists <http://www.ims-dm.com/cgi/optoutemps.php> .

PROTECTING YOUR LOVED ONE'S GOOD NAME AFTER THEY'VE PASSED AWAY

Protecting your personal information from identity thieves doesn't stop after you have passed away. Here are some steps to protect the deceased:

1. Don't include full personal information such as exact DOB or specific addresses in an obituary notice.
2. Notify the Social Security Administration of the death at (800)772-1213.
3. Mail copies of the death certificate, certified return receipt, to all 3 credit reporting bureaus, asking that a "deceased alert" be placed on the credit history. Equifax, P.O. Box 105069, Atlanta, GA 30348; Experian, P.O. Box 9530, Allen, TX 75013; TransUnion, P.O. Box 6790, Fullerton, CA 92834. EACH bureau should receive a copy of the death certificate and with the proof you are the spouse or executor of the estate with the directive to post on the Decedent's credit report: "Deceased Do Not Issue Credit" and "Please forward a current copy of the Decedent's credit report." Info is at www.idtheftcenter.org and specifically, http://www.idtheftcenter.org/artman2/publish/c_guide/Fact_Sheet_117_IDENTITY_THEFT_AND_THE_DECEASED_-_PREVENTION_AND_VICTIM_TIPS.shtml ; http://www.idtheftcenter.org/artman2/publish/c_tips/Fact_Sheet_133.shtml; and also from the FTC: <http://www.ftc.gov/bcp/edu/microsites/idtheft/>
4. Other agencies to notify: Motor Vehicles Bureau (so no duplicate drivers license is issued); insurance companies such as the auto, health, life; current and former employer benefits departments; if the person is/was a member of the military, the VA; any professional licensing associations such as the Bar Association (lawyers), or the Medical License Bureaus; local membership companies such as video stores, libraries and health clubs; and accounts with automatic withdrawals. Remember to never just throw the documents with personal information in the trash. Be sure to shred it before disposing.

Prepared by Mark J. Dunlop, MSFS, CEBS®, CFP®, ChFC®, AFC®, AEP®, RFC®, CITRMS®
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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.

UPCOMING EVENTS:

Please feel free to email me at bobby.gillmore@us.army.mil with any comments, information, or events that may benefit other Survivors. If you know other Survivors that would like to receive future additions of this bulletin, please have them send me an email with the following information:

Name:

Fallen Heroes Name & Branch:

Relationship:

EMAIL Address:

Support Group for Family Members of Fallen Service Members

An ICFF initiative (See attached Flyer)

Saturday, December 10, 2011

1:00-2:30 p.m.

A light lunch will be served

****NEW MEMBERS WELCOME****

Institute for Psychoanalysis

122 South Michigan Avenue

Room 1323

Chicago, IL 60603

RSVP to Polly Everett* 312-922-7474, ext. 309

or Judy Schiffman* 312-922-7474, ext. 310

The BNSF Holiday Express (See Attached Flyer) Gold Star Families Welcome

Downers Grove, Illinois

Sunday, Dec. 4, 2011

Boarding: 3:30 p.m.

Departure: 4:00 p.m.

Returning: 5:30 p.m.

Santa will be on board handing out special holiday ornaments

To RSVP contact Kathy Kozak at:

Kathy.Kozak@us.army.mil

National Wreaths Across America Remembrance Ceremony

December 10, 2011; 12 Noon EST

www.wreathscrossamerica.org

877-385-9504

Diveheart scuba adventure trip orientation and question and answer session. (See attached Flyer)

What: He will be seeking the input of individuals who participate, to help plan elements of the trip. The orientation is free and does not in any way commit you to participating on the trip.

When: Sunday, Dec 18th 3:00 to 6:00pm

Where: Double Tree Hotel in Downers Grove. www.doubletreedownersgrove.com

Who: Gold Star Families and Veterans or active military personnel with disabilities

Why: Discuss the mission: Bring Gold Star Families and Vets with disabilities on a life changing scuba adventure trip.

Please RSVP to my email by December 12, james.l.frazier.ctr@us.army.mil

Support Group for Family Members of Fallen Service Members

An ICFF initiative (See attached Flyer)

Saturday, January 14th, 2012

10:00-12:00 p.m.

Please bring a covered dish. (Pot Luck)

****NEW GROUP****

Springfield VET Center

1227 Ninth Street

Springfield, IL 62703

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

Helpful Contacts and Resources:

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/>