



Survivor Outreach Services
Serving Survivors of Illinois' Fallen Soldiers
"Never Forgotten.....Never Alone"
August 2011 Bulletin – 16th 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

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

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Woodstock Armory, 1301 Sunset Ridge Road, Woodstock, IL 60098
(708) 646-5933 cell, email: james.l.frazier.ctr@us.army.mil

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

http://www.nchsd.org/libraryfiles/HDAFiles/Veterans%20Project/IN7511_Resourcesguide.pdf

The White House

Office of the Press Secretary

For Immediate Release
July 06, 2011

Statement by the President on Change of Condolence Letter Policy

As Commander in Chief, I am deeply grateful for the service of all our men and women in uniform, and grieve for the loss of those who suffer from the wounds of war - seen and unseen. Since taking office, I've been committed to removing the stigma associated with the unseen wounds of war, which is why I've worked to expand our mental health budgets, and ensure that all our men and women in uniform receive the care they need.

As a next step and in consultation with the Secretary of Defense and the military chain of command, I have also decided to reverse a long-standing policy of not sending condolence letters to the families of service members who commit suicide while deployed to a combat zone. This decision was made after a difficult and exhaustive review of the former policy, and I did not make it lightly. This issue is emotional, painful, and complicated, but these Americans served our nation bravely. They didn't die because they were weak. And the fact that they didn't get the help they needed must change. Our men and women in uniform have borne the incredible burden of our wars, and we need to do everything in our power to honor their service, and to help them stay strong for themselves, for their families and for our nation.

Arlington Cemetery Call-Center

The Executive Director (ED) of the Army National Cemeteries Program has established a call center in order to immediately address family member concerns regarding burial discrepancies at Arlington National Cemetery. Families with questions or concerns regarding their loved ones buried at Arlington National Cemetery should call (703) 607-8199. The call center will be open Monday through Friday from 8 a.m. To 5 p.m. (ET).

In addition, a toll-free phone number has been established to ease the burden for people who may be calling long distance to make funeral arrangements at Arlington National Cemetery. The new toll-free number is 1 (877) 907-8585.

Space Camp Scholarships

The Military Child Education Coalition created the space camp scholarship to remember Bernard Curtis Brown II, son of a Navy chief petty officer, who died in the 9/11 attack on the Pentagon. Fifteen U.S. military children throughout the world, from sixth to ninth grade, are chosen each year to attend NASA's space camp, free of charge through the Military Child Education Coalition. For online application forms and more information, visit the Military Child Education Coalition website.

Eligibility Requirements

Student applicant must first meet the requirements below:

The child of a Military Member on Active Duty or Mobilized Guard or Reserves; OR

The child of a Military Member who died while serving on Active Duty or Mobilized Guard or Reserve Status; AND

Enrolled in grades 6 through 9

Click on the link below for more information and specific information about the space camp.

<http://www.military.com/military-report/space-camp-scholarships?ESRC=mr.nl>

GOLD STAR MOTHERS – LAKE COUNTY (New President Introduction)

My name is Susan Weinger. I have accepted the position as President of The American Gold Star Mothers, Lake County Chapter. My goal as president is not only to have the regular meetings, but to add to it as well. During our meeting, the gold star dads will be meeting. After our meetings, we would meet as a whole for our support group. I will be working closely with Bob Ochsner who is the president of Gold Star Dads, Jim Frazier and Bob Gillmore with the S.O.S. and Pat Quinn's office. The more resources we have the better informed we will all be. I am also in the process of changing our name to Northern Illinois Chapter as we already have more than lake county moms in the chapter. Thank you

Illinois Connections for Families of the Fallen (ICFF)



[formerly The Illinois Families of Fallen Service Member Task Force] is a collaborative effort of representatives from many different local and national agencies that are dedicated to helping Illinois families of fallen service members.

The group was established by the Michael Reese Health Trust as a result of the Leadership and advocacy of the Army Survivor Outreach Services Program.

The mission of the ICFF is to:

Connect Families of Fallen Service Members to services, resources, and peers to help Families find their new normal.

(regardless of their relationship to the Fallen, the circumstances in which the Service Member died, or the duty status of the Service Member.)

Over the past year the ICFE has hosted two statewide events for Families of the Fallen. The events focused on providing a safe place for Families to laugh, cry and remember their loved ones together with others that have experienced a similar loss. Families can choose to participate in a range of programming including fun therapeutic activities developed by mental health professionals. The overarching theme is centered on the concept of “Connections”. Connecting Families to other Families, Connecting Families to resource providers, & Connecting Families to their community.



Illinois Connections For Families Of The Fallen (ICFF)

Connections at Cantigny September 2010



Events were available to help Survivors of all ages. Sessions included: Single parenting, Financial planning & preparing for the holidays. Survivors also participated in creative arts therapy activities.



The event was held at the First Division Museum at Cantigny Park in Wheaton, Illinois on September 25, 2010. More than 65 Gold Star Family members participated in the days activities.



Survivors participated in a special program with special guest speakers, including Elmo from Sesame Street and a presentation of “When Families Grieve,” an initiative developed by Sesame Workshop to provide resources in support of Families with young children coping with the death of a parent.



Illinois Connections For Families Of The Fallen (ICFF)

Connections in Chicago

April 2011



A Family in attendance at "Connections in Chicago," Carlos Grijalva, his wife E. Grijalva, and their daughter Leticia Castro, participate in a music activity designed by music therapists to open the event and set the tone that it was a safe place to laugh and cry.

Ralph and Linda Grieco enjoy a laugh with Leslie Goldman, Head of the Art Therapy Department at the Institute for Therapy Through the Arts, while creating "Stepping Stones." The concrete stones are decorated by Families to memorialize or make a statement about their family. At the end of the event Families took their "Stepping Stones" home with them.



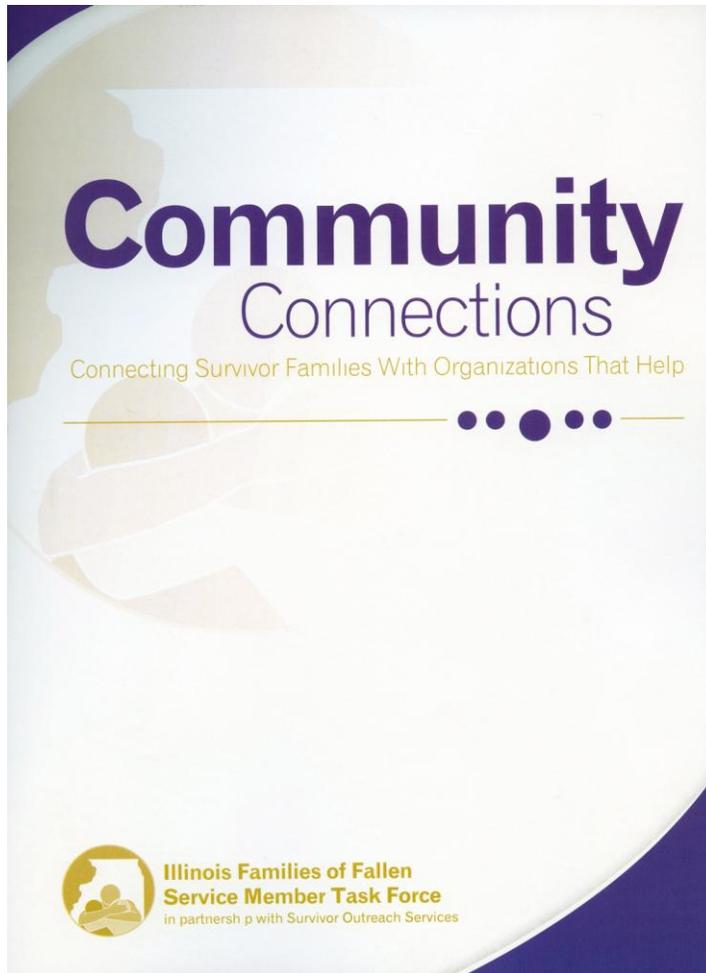
"T" John Ware (Right), the son of a Fallen Service Member, displays his "Stepping Stone" with Thomas Baker, a volunteer for the event. Baker helped "T" John decorate the stone.



Drama Therapists and Family members participate in a lively story circle. Volunteers assisted children and parents in talking about feelings and how to react to your emotions by using toys to role play a story.

in partnership with Survivor Outreach Services

The ICFF also realizes the importance of empowering Families by having information readily available at their fingertips. We saw a need for a comprehensive guide to help Families navigate benefits and programs that are available to them. We sought to develop this guide in a simple and easy to use format. We hope that our "Community Connections" guide has achieved our goals. We are proud to offer this useful tool at a free service and invite you to distribute the link to our guide to all that may benefit from it.



Community Connections Resource Guide:
Developed specifically to address the
needs of Families of the Fallen

To view to complete guide please use the
link below:

http://www.nchsd.org/libraryfiles/HDAFiles/Veterans%20Project/IN7511_Resourcesguide.pdf

Currently, the ICFF is working to develop or enhance Families of Fallen Service Member support groups. We envision using our professional connections to help groups find facilities, speakers and organizational support they need to come together on a regular basis. It is important for Families to connect in their local communities on a regular basis and it is important for us to hear the challenges that you face on day to day basis. If you are currently participating in a formal or informal support group and would like to learn more about gaining support from the ICFF or you would like assistance in forming a group in your area, please contact Bob Gillmore at (217) 761-3382 or by email at bobby.gillmore@us.army.mil or Laura Gallaher Watkin at (312) 265-9074 or by email at lgwatkin@hdadvocates.org.

The following flyer is an example of a support group formed by ICFF members. It was started by mental health professionals with input from Families at our first “Connections at Cantigny” event. The group is currently accepting new members and would love hear from you.



**Illinois Connections
For Families Of The Fallen (ICFF)**

**Invites you to a
Support Group For
Family Members of Fallen Service
Members**

Meet other families

Saturday, August 27, 2011
1:00-3:00 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
(*members, Illinois Connections for Families of the Fallen - ICFF)

Discounted parking available at Adams-Wabash Self Park
Located at 17 E. Adams, Chicago



SOS Financial Counseling Services

Erik Johnson
Darien, IL
(404) 729-6940
erik.d.johson3.ctr@us.army.mil

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

Investment Planning

After building a solid financial foundation, the next level of your “financial house” is developing a prudent savings and investment planning strategy. Risk tolerance, time-frame, and savings goals are three factors to consider. You should measure risk in contexts based on time-frame.

Short Term Goals 1 Year or Less	Medium Term Goals 2-5 Years	Long Term Goals 5+ Years
<ul style="list-style-type: none">• Checking Accounts• Savings Accounts• Money Markets• Short-Term CDs	<ul style="list-style-type: none">• Bonds• Longer-Term CDs• Short-Term Annuity• Conservative Investment Portfolio	<ul style="list-style-type: none">• Stock/Bond Portfolio• Long Tern CD• Annuity• TIPS

Sort-term goals require accounts with stability, liquidity, and safety of principal. High rates of return should not be the priority. For medium and long-term goals where there is a need to beat inflation (which averages about 3% per year), some market exposure may be required. Studies show that for the 20 year period ending in 2009 the S&P 500 index averaged over 8% while the average investor earned about 3%. This is because people chase current trends and as a result continually buy high and sell low. So how can you better capture market growth?

Investment strategies usually contain 4 components:

1. Security Selection
2. Market Timing
3. Luck
4. Asset Allocation

Of the four, proper asset allocation will contribute to over 90% of your investment success. Asset allocation is an investment strategy that seeks to reduce risk while maintaining a desired rate of return by spreading investments over a number of asset types. This takes advantage of the tendency of markets to move in different cycles and smoothes out portfolio volatility. Tends to produce better overall performance and makes it easier for people to stay invested in the market, thus better capturing historic returns.

The proper asset allocation model will vary by investor and savings goals and must be reviewed over time. Completing a risk tolerance assessment to evaluate your individual situation is the first step you and your advisor can take to determine the right asset mix for your portfolio. Your “model portfolio” can be filled with different investment products.

Feel free to contact a SOS financial counselor if you need additional guidance. Next month we'll look at developing a tax management strategy.

Online Library Resources including Morningstar Investment Research Center

Military OneSource provides library resources available at no charge to service members and their families — a particularly helpful benefit for Guard and Reserve members and their families who may not have access to installation libraries.

The Military OneSource Online Library Resources are links to electronic databases, e-books, and audio books. A diverse list of resources is available by logging into the Military OneSource Web site and going to the Online Library Resources page. These 24/7 databases and books include Morningstar Investment Research Center (as well as many audio books and other resources; the DoD MWR Libraries have nearly 2,500 books available for service members and their families - all available for download online.)

A Demo of the type of Morningstar Investment Services is available on the link imbedded in the news release: <http://www.prnewswire.com/news-releases/us-department-of-defense-to-offer-morningstar-investment-research-and-tools-to-all-military-personnel-70366607.html>

(Military should not use this site use the demo but not to actually sign up and log in. To log in and use the site they should register via the Military OneSource link)

Search - Windows Internet Explorer provided by NEC, Fort Leonard Wood, MO
http://www.militaryonesource.com/MOS/Tools/Search.aspx?&site=All&q=morningstar%20free%20membership

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IMMEDIATE HELP 24/7

Contact a Consultant Now
1.800.342.9647
[International calling options](#)

National Suicide Prevention Lifeline
1.800.273.TALK (8255)

MORE COUNSELING OPTIONS:

- Face-to-Face Counseling
- Telephone Consultation
- Online Consultation
- Email a Consultant
- Financial Consultation

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 **Free Library Resources** ★ Featured

Military Members Military Families Guard/Reserve DoD Civilian Expeditionary Workforce Service Providers Coast Guard Assistance

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IMMEDIATE HELP 24/7

Contact a Consultant Now
1.800.342.9647
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National Suicide Prevention Lifeline
1.800.273.TALK (8255)

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 - [Online Consultation](#)
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 - [Financial Consultation](#)

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DoD MWR Library Resources

DoD MWR provides library resources available at no charge to service members and their families — a particularly helpful benefit for Guard and Reserve members and their families who may not have access to installation libraries. *Go to a library by clicking on the library name or logo.*

 <p>Academic OneFile Full-text journals and references covering physical sciences, technology, medicine, social sciences, the arts, theology, literature, etc. Read full description.</p>	 <p>Auto Repair Reference Center Care, maintenance, and repair information on domestic and imported vehicles. Read full description.</p>
 <p>Country Watch Information on countries, including political, demographic, economic, business, cultural, environmental, and more. Read full description.</p>	 <p>Culture Grams Experience the world and its people through detailed cultural information divided into World, Kids, States, and Provinces editions. Full description.</p>
 <p>DoD MyLibrary Audio Books A large collection of audio books to download and listen to. Read full description.</p>	 <p>Expanded Academic ASAP Specifically created for research across all academic disciplines, find balanced coverage of every academic concentration — from advertising to history. Read full description.</p>
<p> Download a book to listen to on your MP3 player or computer. Downloadable books are available in the DoD mylibrary audio books and NetLibraries.</p>	
 <p>Gale Virtual Reference Library - College Blue Book Comprehensive guide covering more than 11,300 institutions of post-secondary education. Read full description.</p>	 <p>General OneFile One of the largest general-interest periodical resources. Read full description.</p>
 <p>General Reference Center Integrated set of articles, children's magazines, almanacs, encyclopedias, dictionaries, reference books, and more. Read full description.</p>	 <p>GreenFILE GreenFILE contains well-researched information covering all aspects of human impact on the environment. Read full description.</p>
 <p>Health Library Information on a wide range of diseases, conditions, injuries, and treatment procedures, and helpful interactive tools, medical news, and more. Read full description.</p>	 <p>HeritageQuest Original documents from the Federal Census (1790-1930), family history books, historical articles, and more. Read full description.</p>

 <p>Morningstar Investment Research Center Information and advice on mutual funds, stocks, exchange-traded funds, and market returns. Read full description.</p>	 <p>MyiLibrary MyiLibrary is database of hundreds of how-to books. Read full description.</p>
 <p>NetLibrary Almost 3,000 e-books, e-journals, and e-databases with a wide array of content. Read full description.</p>	 <p>NewsBank Military Publications Electronic editions of the Army, Air Force, Marine Corps, Navy, and Federal Times. Read full description.</p>

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:

Remember the Love, Celebrate the Life, Share the Journey
Indiana Survivor Seminar and Good Grief Camp

★ ★ August 12th - 13th 2011 ★ ★

Sheraton Hotel at the Keystone at the Crossing, Indianapolis, IN

You are warmly invited to join TAPS for a special program of comfort and support for all those grieving the loss of a service member.



For Adults: TAPS Survivor Seminars provide an opportunity to join together with survivors for a powerful time of support, care and hope. These conferences provide you with a wealth of information, resources and personal contact with fellow survivors in a spirit of friendship and understanding. You can attend workshops designed to help you heal and cope with life after loss. We have gentle, supportive discussions allowing you to share and discover that you are not alone. We travel to special events and conduct memorial tributes, allowing us to honor our loved ones as we connect with others to find hope and healing. Join us as we ‘Remember the Love, Celebrate the Life and Share the Journey!’

TAPS will also be conducting a day of Peer Mentor Training for those who are at least two years beyond

their own loss and are ready to be there for others and offer support. We have a day of training on Friday prior to the Seminar. You will learn more about grief and trauma, gain basic helping skills and become part of our TAPS Peer Mentor Team! All those attending the training must take an [online training course](#) prior to attending classroom training. You can register for the Peer Mentor training as part of the general registration. For more information concerning Peer Mentor training, contact

Claire@taps.org

For Children: TAPS Good Grief Camp for children and teens provides a safe and supportive atmosphere to conduct activities and opportunities to learn coping skills, establish and identify support systems and create awareness that they are not alone in the grief of their loved one. Children and teens meet others of their own age group to share and learn, together.

This event is sponsored in part by a generous grant from the Indiana National Guard.



RUN FOR THE FALLEN (See attached flyer)

Saturday, August 20, 2011

Join us anytime between 7 a.m. and 1 p.m.

Charleston, IL high school track—920 Smith Dr.

To register for this event, please go to www.charlestonillinois.org and print off and complete the registration/waiver form and return it no later than August 6th to the Charleston Parks and Recreation Department, Attn: Run for the Fallen, at 520 Jackson Ave., Charleston, IL. If you have any questions, please contact Vivian Bales at 217-549-0117, or Bill and Cheryl Lair at 217-345-9580.

RUN FOR THE FALLEN (See attached flyer)

Saturday August 20, 2011 7:30 a.m. sign-in; race at 8:00am
Washington Park, Springfield, IL – meet at the Mobile Vet Center near Park Pavilion
Please mail or drop off registration on or before August 13, 2011
Springfield Vet Center 1227 South 9th St. Springfield, IL 62703
Please contact Christine or Justin at (217)492-4955 if you have any questions

DISCUSSION/SUPPORT GROUP (See attached Flyer)

An Illinois Families of Fallen Service Member Task Force Initiative

****NEW MEMBERS WELCOME****

Saturday, August 27, 2011 1:00-3:00 p.m.
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

Gold Star Mother's Day

September 25, 2011

National Wreaths Across America Remembrance Ceremony

December 10, 2011; 12 Noon EST

www.wreathsassamerica.org

877-385-9504

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/>