



SURVIVOR OUTREACH SERVICES

Army Survivor Outreach Services
California Autumn 2012 Newsletter
Volume 1, Issue 7

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Autumn Newsletter (SEP 22 – Dec 20, 2012)

Gold Star Mother's Day September 30th



Holidays and Observances

Sep 30: Gold Star Mother's Day

Oct 8: Columbus Day

Oct 31: Halloween

Nov 4: Daylight Saving Time Ends

Nov 6: Election Day

Nov 11: Veterans Day

Nov 22: Thanksgiving

Dec 7: Pearl Harbor Remembrance Day

Dec 9: Hanukkah

Gold Star Mother's Day is observed in the United States on the last Sunday of September each year. It is a day for everyone to recognize and honor those who have lost a son or daughter while serving the United States Armed Forces.

Two Gold Star Moms will be on **KNTC FM 88.3 Radio Station Live September 26, 2012 8:30am – 9:30am** to discuss their books. Remy Davis, Mother of SPC Richard Davis killed on July 15, 2003, will discuss her book "SPC Davis: The Life and Death of SPC Davis" and Stacey and John Holley, Parents of SPC Matthew Holley KIA on November 15, 2005, will discuss their book "Medals, Flags and Memories." To listen, go to <http://www.irwin.army.mil/Pages/default.aspx> and click on the KNTC link located on the bottom right side of site to the left of the Facebook link. They are also having a **book signing event at the Fort Irwin Post Exchange on September 28, 2012 from 10:00am – 1:00pm** feel free to join them.



Gold Star Mothers (Northern California Chapter) CA Run for the Fallen September 28, 29, & 30, 2012

Run Team: At 5:30 p.m. on Friday, September 28th, 2012, a dedicated team of runners consisting of Active Duty and Retired Military from Travis Air Force Base, California and other local communities will set out from Laguna/Elk Grove to run 150 miles through California to finish on Sunday, September 30th, 2012 at the Sacramento Valley VA National Cemetery in Dixon. Each mile will be dedicated to our 711* fallen California service members during the periods of Operations ENDURING FREEDOM, IRAQI FREEDOM, AND NEW DAWN. At each mile, our Run Team will place an American Flag and personal biographical card for each California service member who has fallen.



Honor the CA Fallen Run: The last 10k of this run will be held at approximately 2:30 p.m. on Sunday, September 30th, 2012. This portion will be open for registration to the public. The participants will join the Run Team as they stop at every mile to place American Flags and biographical cards in order to continue our 150 mile long trail of memories. The participants will have a flag with a biographical card of a fallen hero and will place it in a designated area within the Sacramento Valley National Cemetery at the completion of the run.

Source: <http://www.carunforthe fallen.org/>

San Diego Gold Star Wives Meeting

October 21, 2012 the San Diego Gold Star Wives are meeting in San Diego at the VA San Diego Healthcare System (commonly known as the VA Hospital), Multipurpose Room, 3350 La Jolla Village Drive. For more information, contact Bonnie R. Craig @ Bonnie_Craig@casd.uscourts.gov.



Veteran's Day

November 11 of each year is the day that we ensure Veterans know that we deeply appreciate the sacrifices they have made in the lives to keep our country free. We honor all who have served and their Families.

Veterans Day National Ceremony

At exactly 11 a.m., each November 11th, a Color Guard, made up of members from each of the military branches, renders Honors to America's war dead during a heart-moving ceremony at the Tomb of the Unknowns in Arlington National Cemetery. The President or his representative places a wreath at the Tomb and a bugler sounds Taps. The balance of the ceremony, including a "Parade of Flags" by numerous Veterans Service Organizations, takes place inside the Memorial Amphitheater, adjacent to the Tomb.



Source: tipnews.com



Source: U.S. Department of Veterans Affairs

7 Steps for Coping with Grief at Thanksgiving

Because it is a special time when families and friends gather together, Thanksgiving can be a particularly difficult holiday if you are grieving the loss of a loved one. Here are some suggestions that can help you cope with the despair and heartache that may feel overwhelming.

1. Make time for a few activities you particularly enjoy. Perhaps you love to play a musical instrument, or maybe you enjoy baking cookies. Do you like games? Maybe you can enlist some people in a friendly game of Scrabble, Monopoly or Trivial Pursuit.
2. Is it feeling overwhelming to be social? Explain to someone in whom you feel comfortable confiding that you simply need time to yourself. Don't feel obligated to be the life of the party. If you need some quiet time, take it.
3. Engage in a volunteer activity. Find a soup kitchen in your area and help serve a Thanksgiving meal to the needy. Helping others is a wonderful way to allay grief.
1. Honor your loved one with a special tribute. Make sure their favorite meal is on the Thanksgiving table.
2. Start an annual ritual. Rituals help release emotional pain. Even a simple gesture such as lighting a candle to honor your loved one will help you through the bereavement process.
3. Create a memory box. Each year, add a memento that has important significance to you and your relationship with your loved one. This is a particularly good activity for children coping with loss.
4. Tell stories. Not only will sharing tales of your loved one help with emotional release, but hearing others' words will give you comfort.

Article by Sbockelsmith (2010)

Retrieved from <http://blog.thagroup.org/2010/11/23/7-steps-for-coping-with-grief-at-thanksgiving/>

"Thanksgiving can be a particularly difficult holiday if you are grieving the loss of a loved one."



Source: thanksgiving-wallpapers.blogspot.com

2013 TRICARE Prime Enrollment Fees Announced

” Survivors of active duty deceased sponsors and uniformed services medically retired service members and their dependents are exempt from annual fee increases.”

FALLS CHURCH, Va. – The fiscal year 2013 TRICARE Prime enrollment fees for uniformed service retirees and their families go into effect Oct. 1, 2012. The Prime enrollment fees for 2013 are \$269.28 for retirees, and \$538.56 for retirees and their family members.

Survivors of active duty deceased sponsors and uniformed services medically retired service members and their dependents are exempt from annual fee increases. Their enrollment fee is frozen at the rate in effect when they were classified and enrolled in TRICARE Prime. Their fee remains frozen as long as there is no break in their TRICARE Prime enrollment.

Source: <http://www.tricare.mil/mediacenter/news.aspx?fid=744>

TRICARE Continued Eligibility

SPOUSE

- You are a **transitional survivor for three years** following your sponsor's death.
- At three years + one day, you change to **survivor status**, receiving benefits as a **retiree family member (annual fees and co-pays apply)**, for as long as you are TRICARE - [eligible](#)
- Your TRICARE eligibility is affected by marriage/remarriage, eligibility for Medicare Part A, and other circumstances. For example:
 - You lose TRICARE eligibility **if you remarry**.
 - You **cannot later regain** transitional survivor or survivor spouse status--even if you later divorce or your new spouse dies.
 - If you remarry a **service member or retired service member** entitled to TRICARE benefits, you may regain TRICARE eligibility through your status as new spouse/family member.
 - If your new active duty spouse were to pre-decease you, you would once again become a transitional survivor for three years.
 - If your new retired spouse were to pre-decease you, you would be in survivor status for the duration of your TRICARE eligibility.
 - However, if you and your new spouse were to divorce, you would lose TRICARE eligibility (unless you qualify as an unremarried former spouse).

CHILD (minor child or eligible dependent child 18 years old or older)

- You are a **transitional survivor** from the date of your sponsor's death for as long as you maintain TRICARE [eligibility](#).
- You continue to be TRICARE eligible under transitional survivor status until you reach the eligibility age limit, marry, or otherwise become ineligible for TRICARE.
 - **Aging out** of TRICARE: You remain eligible up to age 21, or up to age 23 if you are a full-time student at an institution of higher learning (and if, at the time of the death, you relied on your sponsor for more than 50% of your financial support).

It is extremely important for survivors to update their TRICARE eligibility in the Defense Enrollment and Eligibility Reporting System. Surviving family members may go to the nearest Uniformed Services identification card facility www.dmdc.osd.mil/rsl/, or contact the Defense Manpower Data Center Support Office Telephone Center at (800) 538-9552. Surviving spouses must contact the ID card facility in advance to determine the range and scope of available services.

For more information go to their site at <http://www.tricare.mil/survivors/Transitional.cfm>

“At three years + one day, you change to survivor status, receiving benefits as a retiree family member, for as long as you are TRICARE eligible.”

FINRA Investor Education Foundation

The FINRA Investor Education Foundation has developed a series of short "how to" videos to help you spot investment scams and learn how to manage your money with confidence. Check out their website to view these videos at:

<http://www.saveandinvest.org/MilitaryCenter/P126000>

Energy Savings Assistance Program

Southern California Gas Company (SoCalGas) offers no-cost energy-saving home improvements and furnace repair or replacement services for qualified limited-income renters and homeowners. To find out if you qualify visit their website at:

<http://www.socalgas.com/for-your-home/assistance-programs/esap/>

California LifeLine

California LifeLine provides discounted basic telephone (landline) services to eligible California households. To find out if you qualify, visit their website at

<http://www.cpuc.ca.gov/PUC/Telco/Public+Programs/ults.htm>

Armory Dedication Ceremony September 8, 2012

An Armory Dedication Ceremony was held on September 8, 2012 Honoring Sergeant Carlo F. Eugenio, California Army National Guard Fallen Hero, at the 746th Combat Sustainment Support Battalion, 756th Transportation Company, in Lancaster, CA. The Adjutant General of California Army National Guard, Major General David S. Baldwin, and the Commander of 224th Sustainment Brigade, Colonel Peter Y.S. Kim, were the Official party for the Ceremony.

SGT Eugenio's Father, Mother, and Siblings along with other Family Members, Friends, State and Local Officials were present as the Unit stood tall in formation Honoring their Fallen Comrade.

SGT Eugenio served in two Operation Iraqi Freedom deployments during 2008 and 2009. In August of 2011, Sergeant Eugenio deployed in support of Operation Enduring Freedom to Camp Julien in Kabul, Afghanistan as a Heavy Vehicle Driver with the 756th Transportation Company.

On October 29, 2011, SGT Eugenio's vehicle was struck by an explosive device. During this attack, there were 17 people killed including SGT Eugenio and several others wounded including Sergeant Ivan Garcia and Sergeant Michael A Pabon also of the 756th Transportation Company both of whom received Purple Hearts.



Article and photo by Leona Wheeler



Source: charisawernick.blogspot.com

“Sergeant Eugenio left an impact on all those who knew him and had the privilege of serving alongside him,” said Major General David S. Baldwin, Adjutant General of the California National Guard. “From here on, every Guardsman who trains here will know his name and recall his story. This is just one of the ways we will continue to honor this Warrior’s service and sacrifice to a grateful State and Nation.”

**Survivor Outreach Services
Support Coordinators**

Northern California

Nathaniel Pleasantbey (Camp Parks)
Office (925) 895-0570
Cell (925) 895-0570
n.pleasantbey@us.army.mil

Northern California

Terry White (Sacramento)
Office (916) 854-3472
Cell (916) 757-0359
terry.l.white2@us.army.mil

Central & Northern California
Cindy Fugere (Moffet Field)
Office (650) 526-9459
Cell (404) 903-7830
cynthia.e.fugere@us.army.mil

Monterey

Lynn Dittrich (Presidio of Monterey)
Office (831) 242-7653

Fort Hunter Liggett

Les Toth
Office (831) 386-2375

**Kern, Kings, Los Angeles,
San Luis Obispo, Santa Barbara,
& Ventura Counties**
Adrian Balbo (Los Angeles)
Office (310) 235-4289
adrian.balbo@usar.army.mil

**Kern, Inyo, Tulare &
San Bernardino Counties**
Lori Picard (Fort Irwin)
Office (760) 380-8357
lori.a.picard.civ@mail.mil

Los Angeles & Orange Counties
Leona Wheeler (Long Beach)
Office (562) 594-1554
Cell (562) 594-1554
leona.m.wheeler@us.army.mil

**San Diego, Riverside, & Imperial
Counties**
Dawn Lessley (San Diego)
Office (858) 573-7055
Cell (619) 384-9806
dawn.lessley@us.army.mil

**Survivor Outreach Services
Financial Counselors**

Northern California

David Beck (Moffett Field)
Office 650-526-9641
david.beck5.ctr@us.army.mil

Southern California

Brian Dennis (Los Angeles)
Office (310) 235-4193
brian.k.dennis.ctr@us.army.mil

Visit us on FACEBOOK:
<https://www.facebook.com/SocialSOS>

Home/E-mail Addresses and Phone Number/s Changes

Please provide your Survivor Outreach Services Support Coordinator with any changes to your home & e-mail addresses and phone number/s. Address changes need to be provided to any organization you are receiving monetary entitlements: DFAS (SBP), VA (DIC & Education), and Social Security; DEERS and TRICARE (if you have coverage) also need to be notified (phone numbers/websites listed below).

Resources

California Department of Veterans Affairs: <http://www.cdva.ca.gov>
DEERS: 1-800-538-9552

Employment Development Department: www.edd.ca.gov

Gold Star Dads: <http://www.GoldStarDads.org>

Southern California: California1@goldstardads.org

Gold Star Moms: www.goldstarmoms.com

California (Southern), CA-HI – President: Sue Pollard: wmpollard@cox.net

Antelope Valley GSM, Lancaster: dawndana@juno.com

Bakersfield, Bakersfield - Pres. Gay E Nacca

Inland Empire, Riverside & San Bernardino counties: LKlasno@iegsm.com

Long Beach, GSM Home: wmpollard@cox.net

Saddleback Valley, Lake Forest: wmpollard@cox.net

San Diego: Pennybento@gmail.com

Ventura County, Oxnard: jbright94@earthlink.net

Northern California: kensmomkm@gmail.com

San Jose, San Jose: kensmomkm@gmail.com

Gold Star Wives: <http://goldstarwives.org/>

California: LBKenney1@verizon.net

San Diego: Bonnie_Craig@casd.uscourts.gov

ID Cards <http://www.dmdc.osd.mil/rsl/owa/home>

Medicare: 1-800-633-4227; <http://www.medicare.gov>

Military One Source: 1-800-342-9647; <http://www.militaryonesource.com>

Military Records Request: <http://vetrecs.archives.gov>

National Military Families Association (NMFA) <http://www.militaryfamily.org>

SBP Pay inquires: 1-800-321-1080; <http://www.dfas.mil>

Social Security Administration: 1-800-772-1213, <http://www.ssa.gov>

Tragedy Assistance Program For Survivors: 1-800-959-TAPS (8277); <http://www.taps.org>

TRICARE Dental Plan: 1-888-838-8737; <http://www.trdp.org/siteMap.html>

TRICARE West: 1-888-TRIWEST (8749); <http://www.triwest.com>

VA Education Benefits: 1-888-442-4551; <http://gibill.va.gov/>

Veterans Affairs Benefits: 1-800-827-1000; <http://www.va.gov>

Books of Interest

The Letter: My Journey Through Love, Loss & Life Marie Tillman (Gold Star Wife). (2012).
SPC Davis: The Life and Death of SPC Davis. Remy Davis (Gold Star Mom). (2012).
Medals, Flags, and Memories. John and Stacey Holley (Gold Star Dad and Mom). (2011).
Military Widow: A Survival Guide. Joanne M. Steen, MS & Regina Asaro, MS, RN. (2006).
Children Also Grieve: Talking about Death and Healing. Linda Goldman, LCPC. (2005).
Life and Loss: A Guide to Help Grieving Children. Linda Goldman, LCPC. (1999).
Living With Grief After a Sudden Loss. Kenneth J. Doka, PhD. (1996).
Healing after the Suicide of a Loved One. Ann Smolin, CSW & John Guinan, PhD. (1993).
Men and Grief. Carol Staudacher. (1991).
How to Go On Living When Someone You Love Dies. Therese A. Rando, PhD. (1991).