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# California Survivor Outreach Services

## Tragedy Assistance Program (TAPS) Events

**Remember the Love, Celebrate the Life, Share the Journey**  
**Northern California Survivor Seminar and Good Grief Camp**  
**November 18<sup>th</sup> - 19<sup>th</sup> 2011 – Hilton Sonoma Wine County, Santa Rosa California**  
**For further information please go to <http://www.taps.org/event.aspx?id=5819>**



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!’

For Adults: TAPS Survivor Seminars provide an opportunity to join 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

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.

## Disability Center serving all areas of San Diego County

If you work with those who are applying for SSI/SSDI or you need help through the process, the Disability Help Center is here for you. Our advocates will navigate you through the Social Security maze that can be so overwhelming. Also, in our efforts to educate the community, we offer FREE disability seminars for those who work with disabled individuals. If you'd like to learn more about SSI or SSDI, We'll come to Your Office! You may call us on behalf of the disabled or they may contact us directly for an appointment to come into the office. (619) 282-1761

If you work with those who are applying for SSI/SSDI or you need help through the process, the Disability Help Center is here for you. Our advocates will navigate you through the Social Security maze that can be so overwhelming.

## Books of Interest

“Gold Star Recipes” -The cookbook costs \$20.00 and is payable to the Non/Profit Organization SBVAGSM If you are interested, please contact Nancy Soltes at (949) 829-0012.

“Medals, Flags and Memories” by John and Stacey Holley published June 20, 2011, Gold Star Parents of SPC Matthew Holley killed on November 15, 2005 in Taji, Iraq. The book is a true story of “The Holley Provision” and an Americans Family sacrifice in the War on Terror . The book is available at Barnes and Noble as well as amazon.com. For additional information on the book, contact: [info@medalsflagsandmemories.com](mailto:info@medalsflagsandmemories.com)

## Important Web-sites

### ASSISTENCE WEB-SITES

Military One Source  
1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

Department of Veterans Affairs  
[www.va.gov](http://www.va.gov)

TRICARE (Health and Dental)  
[www.tricare.osd.mil](http://www.tricare.osd.mil)

Social Security Administration  
[www.ssa.gov](http://www.ssa.gov)

California Department of Veterans Affairs  
[www.cdva.ca.gov](http://www.cdva.ca.gov)

National Military Families Association (NMFA)  
[www.militaryfamily.org](http://www.militaryfamily.org)

Tragedy Assistance Program  
[www.taps.org](http://www.taps.org)

### SURVIVOR BENIFITS

[Burial Expenses](#)

[Death Gratuity](#)

[Death Investigations](#)

[Death Pension](#)

[Dependency Compensation](#)

[Educational Assistance](#)

[Gold Star Lapel Button](#)

[Health and Dental Care](#)

[Retiree Benefits](#)

[Service member's Life Insurance](#)

[Surviving Family Benefits](#)

[Survivor Benefit Plan](#)

[Survivor Resources](#)

[Survivor Support Organizations](#)

[Tragedy Assistance Program](#)

[VA: Benefits Overview](#)

# Survivor Outreach Services

## Gold Star Family Assistance

The Gold Star Families BBQ was held August 6, 2011 at Fairmont Park in Riverside, California. The total attendance for the event was 214. Attendance included 23 Gold Star Families with a total of 76 family members, 102 Patriot Guard Riders and 16 Blue Star Support persons.

### Fort Irwin honors Gold Star Families

Michael Klasno, the founder along with other members of Gold Star Dads, Gold Star Mothers, Gold Star Wives and Blue Star Mothers, visited Fort Irwin Sept. 22. The installation honored the Families of fallen troops with a display table in front of The Exchange that provided information on the Gold Star and Blue Star organizations. The purpose of the Gold Star Families display was to educate the public about the Gold Star and Blue Star organizations, said Lori Picard, Survivor Outreach Services Support Coordinator, Fort Irwin, CA.



### Join our Gold Star Families

[www.GoldStarDads.org](http://www.GoldStarDads.org)

(National Chapter)

[californial@goldstardads.org](mailto:californial@goldstardads.org)

POC Paul Murphy

<http://www.goldstarmoms.com>

POC San Diego Armida Martinez

[armidamartinez53@gmail.com](mailto:armidamartinez53@gmail.com)

POC Orange and Ventura County

Sue Pollard [wmpollard.cox.net](mailto:wmpollard.cox.net)

POC Northern California Karen (650)-814-3611

[info@sicgoldstarmoms.org](mailto:info@sicgoldstarmoms.org)

<http://www.goldstarwives.org/regions-chapters.htm>

## Families overcoming stress/resiliency training

If you live near Los Angeles or Long Beach there are still slots available for families interested in Resiliency training. Free, state-of-the-art services for military families designed to build resiliency for all family members is being offered at selected LA County sites. The 8 session FOCUS Family Program (Families Overcoming Under Stress) was developed at UCLA and is currently in place at Navy, Marine, Army, Air Force and Naval Special Warfare installations across the United States. This training program is customized for your individual family and is built around **YOUR** schedule. Military families can experience high levels of stress and experts well versed in military culture can help take your family dynamic to a new level. This positive, strength-based program has proven effective in helping families deal with past stresses and difficulties and better prepare for ongoing challenges. If you are interested in participating, please call Dr. William Saltzman at (562) 985-5615. Dr. Saltzman presented at the National Volunteer Workshop and the other states wanted to know how they could get this resiliency training offered. It started in Sept as a pilot in the LA County area.

## Home of the Brave Quilt Project

Home of the Brave Quilt Project is Dedicated to Honoring America's Fallen Heroes. In gratitude for their service and sacrifice, Citrus Belt Quilters Inc. of Redlands, CA, began making replica quilts based on the Civil War U. S. Sanitary Commission quilt on display at the A. K. Smiley Library, Lincoln Shrine, Redlands, CA. These quilts were presented to the families of service persons who died while in the service of our country, primarily in Iraq and Afghanistan, and were buried at Riverside National Cemetery or were from the greater Inland Empire area.

This effort has now spread to all 50 states and the U. S. Territories and has received national recognition, including the placement of a link on the official Department of Defense website for the military and their dependents. These quilts are provided to the one primary next of kin (Spouse or Mother) family member. If you are interested in the quilt, go to

<http://www.homeofthebravequilts.com/Request.php>

**The Honor and Remember Flag**

The Honor and Remember Flag was created to serve as a national symbol that specifically acknowledges the sacrifice of men and women in the United States Armed Forces who have given their lives for their country. It was presented to Mrs Teresa Fisher, Mother of SSG Sean Paul Fisher, US Army, who was killed on August 14, 2007 in Taqqadum Iraq. Other Family members were also present on July 16, 2011 at NTC Park at Liberty Station Point Loma, San Diego, CA , prior to the SPARTYKA Wounded Warrior 5K Race by 2 members of the American Legion Post 149 of Escondido, CA.



**CalVet Women Veterans Annual Conference**

The California Department of Veterans Affairs (Cal-Vet) and the Inland empire Veterans Collaborative are joining forces to host the 2011 **CalVet Women Veteran Conference: Enhancing Inner Beauty, Inner Strength** on October 7 & 8 at the Double Tree Hotel, Ontario Airport in Ontario, CA. The two day conference is designed to educate active duty military, National Guard members, reservists and women veterans and women survivors on issues that currently impact them. The conference provided tremendous networking opportunities and addressed available benefits. In addition it provided women veterans the opportunity to share their experiences, career aspirations, inspiration and family life in this unique forum.



**Players Give Back Program**

Survivor Families at the San Diego Padres Game on September 4, 2011 at PETCO Park San Diego. The tickets were donated to the Army Survivor Outreach Services (San Diego Office) from the San Diego Padres in partnership with the Major League Baseball's "Commissioner's Community Initiative" and MLB Player's Association "Players Give Back" Programs.



**Operation Care and Comfort**

The **Oakland Raiders**, in loving memory of owner Al Davis, who died at the age of 81 earlier this month, donated nearly 2,000 tickets to Bay Area nonprofit organizations such as **Operation Car and Comfort (OCC)** in support of bay area military service members and their Families for the Raiders game Oct 17. 13 tickets were donated to Survivor Outreach Services in support of Gold Star Families and Families of Fallen Soldiers.

**Upcoming Events**

**Fall Harvest**

Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun. Care for those around you. Look past your differences. Their dreams are no less than yours would be, their choices no more easily made are. In addition, give, in any way you can, of whatever you possess. To give is to love. To withhold is to wither. Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace."

**Upcoming Holidays**

- Daylight Savings Time-Nov 6– Remember to turn your clocks back
- Veterans Day– Nov 11– Check with your local area for events
- Thanksgiving– Nov 24-A time to give thanks for our Family and friends. A time to reflect on past experiences and expand our knowledge on how to improve our current situation. Be Strong, Be Wise.
- Hanukkah– Dec 20- the festival of lights an 8 day Jewish Holiday
- Christmas– Dec 25– A time to celebrate with Family and Friends