



SURVIVOR OUTREACH SERVICES

Strength
built on
Sacrifice

Winter 2011

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Do you have events that you would like to share with other families? Please contact your SOS to have events added to the next newsletter.

Upcoming Events	
*Taps Survivor Seminar And Good Grief Camp	27 May 11
*PA Survivor Events	TBA, Spring & Summer

Surviving the Mid-Winter Gloom

by Darcie D Sims, PhD, CHT, CT, GMS

I think I'm still grieving and that surprises me! It's been too long and I should be getting better. Why do I still ache from the sunburn I got years ago when we were together on the beach? Why is there still sand in my shoes and why does your name still stick in my throat? Who am I now that the memories grow cold in winter's chill?

Am I still a mother if there is no child to tuck in at night? Am I still a dad if there is no one to loan the car keys to? Am I still a wife if there is no one to snuggle up to in my bed? Am I still a husband if there is no one waiting at home for me at the end of the day? Am I still a sister or brother if there is no one to tease? Am I still a child if my parent has died? Am I still a human being, capable of loving and being loved, if the one person I loved more than anything has become frozen in time? Who am I now that my loved one has died? The gloom has permeated even my toes, and my whole body seems icy.

If you are feeling like I am, perhaps these few suggestions will help you find the pieces to your new puzzle.

1. Identify specific feelings. Do not generalize. Try to figure out exactly what is bothering you. Look for the tiny grains of sand that are still hiding in the bottom of your shoes. Acknowledge them. Be honest with those feelings, whatever they are. If you're angry, be angry. If you're sad, be sad. Be specific in your sadness.
2. Pick your worries. Focus on only one worry at a time.
3. Keep a picture or two of that "sand castle" where you can enjoy it every day.
4. Become as informed and as knowledgeable as possible about this new world in which you live. Read, listen and learn all you can about grief.
5. Listen to everyone. Be grateful but follow your own music.
6. Be kind to yourself. Learn to forgive yourself for living.
7. Set small goals first. Accomplish them and then set bigger goals.
8. Remember that life requires effort on your part.
9. Don't wait for happiness to find you again. Make it happen. Don't lose the memories just because they hurt. Look at the pictures, listen to the song, remember the love.....you haven't lost that.
10. Keep turning the puzzle pieces over but don't keep trying to put them back into the same picture. That picture is gone. There is a new picture to be made. Search for the new you.
11. Don't forget how to dream, how to laugh or how to dance. The music is different but so is the season. The room may be empty, but the heart is not. Build your new castle in the middle of winter and find the new you.

I know there are good things on the horizon. Winter can't last forever. If those things turn out to be less than we hoped, we will simply have to make whatever we get into something livable. There is joy in living.

Military ID Cards

The Military ID card is an essential part of accessing your benefits, without it you may not be able to get on base, go to the commissary, child care or get health care.

Please take a moment to make sure your ID card is accurate and up to date. To locate your local office, you can check the Rapids Site Locator at www.dmdc.osd.mil/rsl or contact your Survivor Outreach Services Coordinator.

Below is a list of some of the Pennsylvania ID Card Centers:

- 111th FW Pennsylvania ANG, Willow Grove (312)443-1362
- 171st ARW Pennsylvania ANG Pittsburg (412)776-7485
- 193rd SOW Pennsylvania ANG Middletown (717)948-2285
- 301st RSG Butler (724)287-8044
- 304th CA BDE Phila (215)677-4540

- 464th Chemical Brigade Johnstown (814)288-6000
- 911th AW Pittsburg IAP ARS (412)474-8526
- 99th RRC Coraopolis (CAC Deployable 1) (570)322-4696
- AG HG Pennsylvania (717)861-8693
- AG HQ Pennsylvania (215)560-6000
- AG HQ Pennsylvania (CAC Deployable 9) (570)523-3468
- Carlisle Barracks (717)245-3533
- Defense Distribution Ctr. New Cumberland (717)770-4567
- Letterkenny Army Depot (717)267-8751
- NAS JRB Willow Grove (215)443-6863
- NOSC Avoca (570)457-8430
- NOSC Ebensburg (814)472-5083
- NOSC Erie (866)769-2356

- NOSC Lehigh Valley (610)264-8823
- NOSC Pittsburgh (412)673-0801
- Mechanicsburg (Pass and ID) (717)605-5176
- NSA Philadelphia (215)697-3783
- NSWC Philadelphia (215)897-7001
- Tobyhanna Army Depot (570)615-7409
- USACE Philadelphia (CENAP) (CAC ONLY) (215)656-1111
- 475th QM Bde Farrell (724)346-7446
- 99th RSC MOON Township (412)507-3811



Deadline for Retroactive Stop Loss Special Pay Extended

The deadline for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay (RSLSP) has been extended to March 4, 2011, allowing personnel more time to apply for the benefits they have earned under the program guidelines.

The deadline extension is included in the continuing resolution signed by President Obama today, providing funding for federal government operations through March 4, 2011.

“There was a surge of applicants as we approached our earlier deadline, but there may still be more out there who have yet to apply,” said Lernes Hebert, director, Officer and Enlisted Personnel Management. “We are pleased that this extension was included in the continuing resolution which will give those remaining the opportunity to apply as we continue to work through the current applications.”

The RSLSP was established to compensate for the hardships military members encountered when their service was involuntarily extended under Stop Loss Authority between Sept. 11, 2001 and Sept. 30, 2009. Eligible members or their beneficiaries may submit a claim to their respective military service in order to receive the

benefit of \$500 for each full or partial month served in a Stop Loss status.

When RSLSP began on Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible for this benefit. Because the majority of those eligible had separated from the military, the services have engaged in extensive and persistent outreach efforts over the past 14 months. Outreach efforts including direct mail, engaging military and veteran service organizations, social networks and media outlets, will continue through March 4, 2011.

To apply for RSLSP, or to gather more information on RSLSP go to <http://www.defense.gov/stoploss>.

“As your commander in chief, I’m here to tell you that this is no gimmick or trick. You worked hard. You earned this money. It doesn’t matter whether you were Active or Reserve, whether you are a veteran who experienced “stop loss” or the survivor of a service member who did-if your service was extended, you’re eligible.” President Obama Sept. 15, 2010

Tell a friend: If you know someone who separated/retired and may be eligible, remind them to submit a claim before the deadline!
http://www.defense.gov/home/features/2010/0710_stoploss/

The Freedom Alliance Scholarship Fund

The Freedom Alliance Scholarship Fund was the vision of Freedom Alliance founders LTC Oliver North, USMC (Ret.) and the late LTG Edward Bronars, USMC. The Freedom Alliance Scholarship Fund honors Americans in our Armed Forces who have sacrificed life or limb defending our country by providing educational scholarships for their children.

The mission of the Freedom Alliance Scholarship Fund is two-fold. First, it helps offset the high cost of a college education for the sons and daughters of American heroes. Second, it is a reminder to the recipient that their parents' sacrifice will never be forgotten by a grateful nation.

The dependent children of U.S. military personnel who have been killed or permanently disabled in an operational mission or training exercise are eligible to apply. Also eligible are students who have a parent classified as a Prisoner of War or Missing in Action.

Through the generosity of patriotic Americans, the Freedom Alliance Scholarship Fund will provide scholarships for thousands of young Americans, reminding them that their parents' sacrifice will never be forgotten by a grateful nation.

For more information please visit www.fascholarship.com, email info@fascholarship.com or call 800-475-6620.

Pennsylvania State Education Grants

Qualified veterans of the U.S. Armed Forces are eligible for consideration for state grants while part or full time undergraduate students. Veterans must comply with Pennsylvania's residency requirements and other PHEAA eligibility requirements. Dependent member children or former members of the U.S. Armed Forces who served on active duty after 1/31/55, who are or have been a POW or are or have been listed as MIA and who were PA residents for at least 12 months preceding service on active duty are eligible for undergraduate state grants. Grants to cover full time study not to exceed, per academic year, 80% of tuition and fee charges at the institution of higher education at which the applicant is enrolled, or \$2632 (\$800 at out of state schools) whichever is lesser (amounts may change) and up to \$500 per term or semester, not to exceed four scholastic years; for tuition, board, room-rent, books and supplies. For more information, call 1-800-692-7435.

Eligibility: Children (age 16-23, five year PA residence) of eligibility 100% service-connected disabled or deceased veterans in war or armed conflict-connected disabilities. Must attend a PA state system school or university, PA state-aided educational or training institution of secondary or college grade, business school, trade school, hospital school of nurse training, or training in beauty culture, art, radio, undertaking or any other approved training. The school must be located in PA.

Scholarships for Military Children: This program was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. If your mother or father is Active duty, reserve/guard or retired military personnel or you are the survivor of a deceased member and you have a military I.D. card, you can apply. You must be planning to attend a college or university on a full-time basis.

For more information on Pennsylvania State Grants, go onto the State website at www.education.state.pa.us.



Free Tax Consultation and E-Filing

Offered by Military OneSource.com.

Maximize your refund

Simple, easy process

Use your tax refund wisely-*save and pay off debt!*

Visit www.MilitaryOneSource.com to file your federal and state taxes.

Provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status), their family members and survivors including the surviving spouse, children and parents.

Stores and Services Offering Military Discounts:

- A&W: Discount varies
- Aeropostale: 20% off in store
- Agentsource.com: 40% off standard real estate closing costs for Active duty men and women moving in the U.S. or Canada.
- American Airlines: Discount varies
- American Video Productions: 10% discount
- Amtrak: 10% discount
- Anheuser-Busch Amusement Parks: Discount varies
- Anna's Linens: 10% in store
- Apple Computers: discount varies, have to sign up at www.Apple.com/r/store/government
- Arby's: Discount varies
- AT&T: Discount varies
- Auto Zone: Discount varies
- Barnes and Nobles: 6% plus free shipping
- Budget Truck Rental: Discount varies
- Chick Fil A: Discount varies
- D.S.W. Shoe Warehouse: 10 % discount
- Dairy Queen: 10% off
- Dell Computers: Discount varies
- Gap: 10% discount on the 1st of every month
- Geico: 2% to 15% discount
- Home Depot: 10% discount
- Jiffy lube: 10% discount
- Jockey: 10% discount
- Lowes: 10% discount
- Meineke: 10% off parts
- Midas: 10% discount
- Nextel: 18% discount
- Old Navy: 10% discount on the 1st of every month
- Quizno's: Discount varies
- Regal Movie Theatres: Matinee prices for all shows
- Shoe Carnival: 10% discount
- SportsMemorabilia.com: 10% used code mili10 on line
- Sprint: 15%-20% discount
- Timberland: 15% discount
- Toyota: \$500 off plus \$500 for first time buyers

How to Treat Frostbite and Hypothermia

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes or nose and ear lobes are symptoms of frostbite. Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion. If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put the person in dry clothing and wrap his or her entire body in a blanket. Never give a frostbite or hypothermia victim something with caffeine in it or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Prepare Your Car for Winter Driving

By Fax, Phone & Internet **FEMA Information Available “Round the Clock”**

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

Have a mechanic check the following items on your car:

1. Battery
2. Antifreeze
3. Wipers and windshield washer fluid
4. Ignition system
5. Thermostat
6. Lights
7. Flashing hazard lights
8. Exhaust system
9. Heater
10. Brakes
11. Defroster
12. Oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10s/30 weight variety.)

Things to keep in mind:

- Install good winter tires. Make sure the tires have adequate tread. All weather radials are usually adequate for most winter conditions. However, some jurisdictions require that vehicles must be equipped with chains or snow tires with studs.
- Keep a windshield scraper & small broom for ice & snow removal.
- Maintain at least a half tank of gas during the winter season.
- Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person.
- If you must go out during a winter storm, try to use public transportation.
- Dress warmly. Wear layers of loose fitting, layered, lightweight clothing.
- Carry food and water. Store a supply of high-energy “munchies” and several bottles of water.

Keep these things in your car:

Flashlights with extra batteries
 Necessary medications
 Extra newspapers for insulation
 Matches
 Rain gear and extra clothes
 Small shovel
 Booster Cables
 Cards, games and puzzles
 Canned fruit and nuts
 Bottled water
 First-aid kit with pocket knife
 Several blankets/Sleeping bags
 Plastic bags (for sanitation)
 Extra mittens, socks and a wool cap
 Small sack of sand (traction)
 Small tools (pliers, wrench and screwdriver)
 Set of tire chains or traction mats
 Brightly colored cloth (to use as a flag)
 Non-electric can opener

If you need information about emergency preparedness, steps you can take to avoid disaster-related losses or how to get help after a disaster, FEMA is as close as your computer or fax machine.

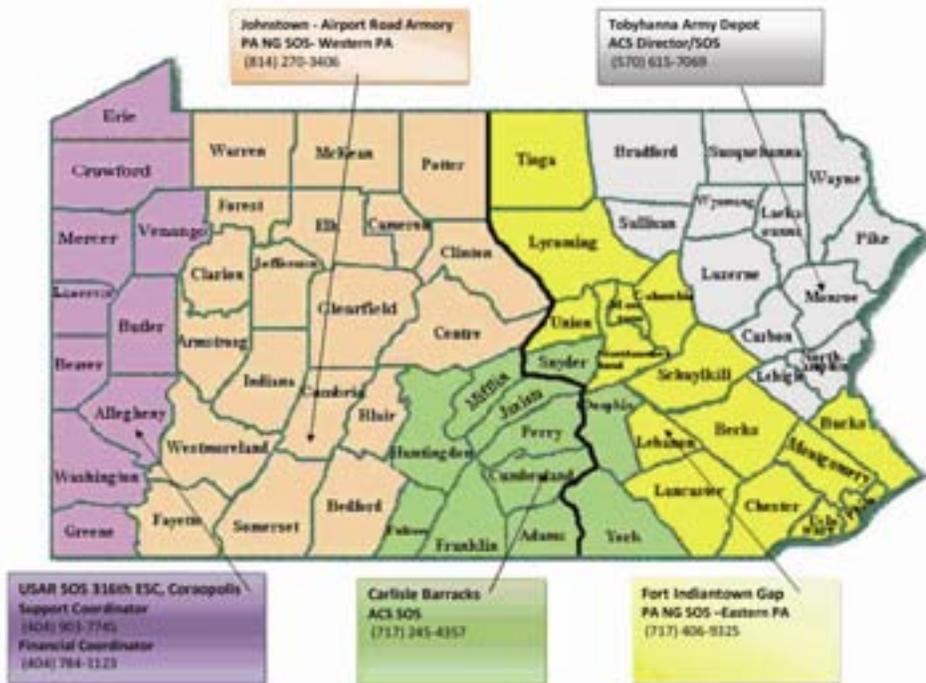
Internet/World Wide Web

Find out more about who we are, what we do and how we can help. You can access nearly 4,000 files containing the latest emergency information, Preparedness tips, winter storm information, press releases & an on-line edition of our newsletter, *Recovery Times*. You can receive timely information about winter storms on our **Winter Storm Update Webpage**. Our address on the World Wide Web is <http://www.fema.gov>.

FEMA Fax-on-Demand

To receive faxed copies of our news releases, advisories, historical data, fact sheets and emergency preparedness tips call our **24-hour fax-on-demand number, 202-464-FEMA**.

Pennsylvania Survivor Outreach Services



Resources

TRICARE

(Health and Dental Insurance)
www.tricare.osd.mil

DEERS

(Eligibility Verification)
www.dmdc.osd.mil/DEERS

Social Security Administration

www.ssa.gov

VA GI Bill

www.gibill.va.gov/pamphlets/CH35/CH35Pamphlet_Generl.htm

National Military Families Association (NMFA)

<http://www.militaryfamily.org>

Strength *built on* **Sacrifice** Fall 2010

Pennsylvania Survivor Outreach Services



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717-245-4357
Linda Slaughter
717-245-3638

Tobyhanna Army Depot ACS

11 Hap Arnold Blvd. Bldg. 1015
Tobyhanna, PA 18466
www.tobyhanna.army.mil/community/acs.html
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